

# SELF-RESCUE MANUAL

## **Do's and Don'ts for those of us who need some help!**

- This manual is for people who want to help themselves.
- You are responsible for bringing **photo identification**, passport, or some form of identification with a photo, Social Security numbers of your family, and / or a proof of address such as an envelope with your current address if your photo ID does not show your current address. If you are an **undocumented citizen**, call the agency to determine what information they need to be able to help you.
- Many of these agencies accept **Medicaid** but ask first.
- It is always best to **call first** to be sure that the agency has what you need and what papers you should bring to your appointment. You may get an answering machine so be prepared to have a phone number to leave with the agency.
- Do not expect **same day service**.
- Do not **wait** until the last minute to deal with a problem.
- **Thank** people who you talk to at the agencies. Often they are volunteers and are not getting paid!
- Each agency has **rules** and you may have to return with more information. Stay **calm**!
- Many agencies have several services and will have a star to indicate they are listed under other categories. ★

This manual has been a joint effort of many people. Marjie Jacobs recognized the need for a "user friendly" list of services in the Treasure Valley. She had help from various Boise School District School Social Workers and BSU social work students.

Please e-mail updates to:  
[selfrescuemanual@gmail.com](mailto:selfrescuemanual@gmail.com) so that this will be an accurate document. Please type **Self-Rescue Manual** in the subject or your e-mail may get lost in security.

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**This is the updated version of the Self-Rescue Manual for 2009 and will be updated regularly.** Each edition has a date at the bottom of each page. The Fall edition is being updated and new editions will be downloaded regularly.

Any information in this manual is intended for informational purposes only and every attempt has been made to make it accurate.

## CLOTHING AND FURNITURE

If prices seem too high, ask to speak to manager to "discuss" prices.

**Agape in Action** **685-0612** Free groceries, clothing, & ★  
1001 S Orchard toiletries the last Saturday of each month from  
1-4pm. For emergencies call 703-5381 for help. Also offers the "Toys  
for Tots" program in the months of September - December. **Interview**  
**clothes** available. Call for special appointment. [www.agapeworship.com](http://www.agapeworship.com)

**Assistance League of Boise Thrift Shop** **377-4327** ★  
5825 Glenwood Reasonably priced **used clothing & household items**  
(shoes, books, linens, small furniture). T-F 10-5, Sa 10-4

**BHM Foundation** **322-1730** Located at Idaho Emergency Physicians  
2312 N Cole #B Gives away **free bike helmets** to children who cannot  
afford them. Please call to make arrangements for your helmet &  
ensure availability.

**Birthing of Boise** **342-1898** Maternity clothes, baby clothes to  
1101 N 28th #A size 12 months, size 1 & 2 diapers when  
available, free pregnancy tests & pregnancy support. Pro-life. call  
before you come to make sure we are open.

**Cinderella's Closet** **377-4327** (press 5 then 2) Behind Assistance League ★  
5825 Glenwood Thrift Shop Local high school students with Ada  
County High School I.D., may borrow from large selection of donated  
formal wear (gowns & tuxedos), for a \$10 cleaning fee (which they can  
get back if dress or tux is returned cleaned). Wednesdays 3:30 to 5:30  
& Saturdays 12 to 4 from 9/9/09 to 10/17/09.

**City Light Home for Women & Children** **368-9901** ★  
1404 W Jefferson or Light House 472 Caldwell Blvd (Nampa) (Boise  
Rescue Mission); Women & children can get voucher for **free clothing**.  
Warehouse @ 368-0824 (308 S 24th St) is open Tuesdays &  
Thursdays. Warehouse may have other items such as household goods  
for either men or women with a voucher.

**Coats for Kids** At any Idaho Youth Ranch Thrift Store. ★  
Call ahead. Adult must bring child to get coat if available. M-Sa 9-6

**Deseret Industries Thrift Store** **375-4681** **New & used furniture** ★  
10740 Fairview clothing for men, women (maternity, wedding, &  
prom dresses) & children. **No delivery**. Potential help via local LDS  
Bishop (do not have to be LDS). Call **Help Line** 1-800-453-3860 to give  
your current address. If you do not have an address then contact the  
Transient Bishop at 319-0476. M 10-6, T-F 10-9, Sa 10-8

**Dress for Success at Capital Christian Center** **288-4405** Debi  
2760 E Fairview Referral only. Once referred, **1 interview suit** will be  
provided as well as hair/make-up for job interview. After being hired,  
can return for 1 more outfit. Tue, Wed, Th 1-3

**El-Ada Outreach** **345-2820** Food pantry, ★  
2250 S Vista **free blankets** & personal **hygiene packs** for women, men,  
children as available. Undocumented citizens will be served. M-F 8-4

**El-Ada-Garden City** **377-0700** Food pantry, free blankets ★  
701 E 44th #2 & personal **hygiene packs** for men, women, & children  
as available. Undocumented citizens will be served. M-F 9-4

**Freedom Resource Network Clothing Pantry** **371-4168** Delmer ★  
7540 Northview (3 domes at Northview Family Worship Center). **Free**  
**food** & some furniture available. Bring any photo ID, may use every 30  
days. Undocumented citizens OK. T-Th 1:30-4

**Goodwill Industries Thrift Store** **321-9172** New/used clothing ★  
1465 S Vinnell Way (Overland/Wal-Mart) **furniture** for sale. M-Sa 9-9, Su 11-6

**Idaho Youth Ranch Thrift Shops** M-Sa 9-6, Su 12-5 ★  
1417 S Main **343-2506** 250 N Orchard **378-8081**  
1501 S 5 Mile **375-1242** 3840 Chinden **433-1661**  
3621 Overland **331-7739** 7054 W State **853-1408**  
10353 Fairview **322-3610** 231 Main, Meridian **895-8433**  
**Outlet Store** 5465 W Irving (between Curtis & Orchard)  
**\$.50/clothing item & cheaper furniture** than other stores. **Used**  
**furniture & clothing** for sale. M-Sa 10-4

**Insignia Foundation** **412-6097** Kyrsten  
School must refer students needing new clothes. School must provide  
transportation for student shopping trips. For junior high students only.

**Kid to Kid** **376-6488** Used furniture, children & maternity  
1507 N Milwaukee (Fairview) clothes (sizes 0-14) M-Sa 10-8

**Lighthouse Rescue Mission** **461-5030** ★  
472 Caldwell Blvd in Nampa. Men can get free clothing.

**Meridian United Methodist Church Thrift Store** **888-2245** ★  
235 E Pine Meridian Clothing & small household items, vouchers  
sometimes available. T & F 11-2

**Other Mothers** **376-4855**  
10422 Fairview Used **furniture, children & maternity clothes** (sizes 0-  
14). Last F & Sa there is a **25¢ sale**. M-Sa 10-7

**Redeemer Lutheran Church** **344-6758** Wash, Wipe & Wrap  
2920 Cassia; **Free diapers, laundry soap & toilet paper**.  
Use once/month. Open 3<sup>rd</sup> Saturday of month 1-3pm.

**River of Life Boise Rescue Mission** **389-9840** Men only ★  
575 S 13th Men get voucher for **free clothing**. Warehouse @ 368-  
0824 (308 S 24th) is open T & Th. Warehouse may have other items  
such as household goods for men or women with a voucher.

**St Luke's Women's & Children's Community Education** **381-3033** ★  
103 W State; Reduced cost infant, toddler and booster **car seats** for  
purchase with proof of **low-income** status.

**St Vincent de Paul Help Line** **331-2208** ★  
Zip code determines closest church where you will be referred. Must  
leave phone number for call back.

**St Vincent de Paul Thrift Store** ★  
6464 W State Boise **853-4921** Used **furniture & clothing**.  
213 N Main Meridian **888-9101** M-Sa 9:30-6

**Salvation Army** **343-5429** 4306 W State M-Sa 9:30-6 ★  
**Family Assistance** office at 4308 W State M-F 9-4 **Clothing vouchers**  
for Salvation Army Thrift Store given out Thursdays @ 9am at 4308 W  
State (need ID & proof of residency). Adults 1 visit/year, children 1 visit  
every 6 months. Visit Monday at 9am as supply is very limited. Bring  
proof of address (envelope/bill), photo ID for every family member,  
must live in Ada County.

**Treasure Valley Community Resource Center (TVCR)** **459-9263** ★  
Info & referral on human services - ID & East OR via phone. M-F 8-5

**Whitney United Methodist Church** **343-2892** ★  
3315 Overland; (by Owyhee) **Winter** coats, hats gloves. Call first.

**Women & Children's Alliance (WCA) Thrift Shop** **343-3688** ★  
720 W Washington Clothing, no maternity. Call ahead for availability of  
clothing sizes for children & women. Avoid 12-1:00 & 3:30-4:30. M-F 9-4:30

## COUNSELING AND MENTAL HEALTH SERVICES

<p><b>A Better Life / Ginny/Marie Wellness Center</b> <b>323-1290</b> <a href="http://www.wconcepts.com">www.wconcepts.com</a> 2925 Airport Way Personal, couples, family counseling \$ 25/session. Group counseling \$15. 371-3777 emergency#. Drug/alcohol counseling \$8-\$10/hour.</p> <p><b>About Balance Mental Health</b> <b>342-6300</b> <b>Medicaid &amp; sliding fee</b> (\$40 min) 6550 Emerald #108 PSR, cm, counseling, case/meds mgmt, psychiatrist.M-F 9-5</p> <p><b>Access Behavioral Health</b> <b>338-4699</b> <b>Medicaid, Medicare, self-pay, insurance. ★</b> 1276 River Street #100 Psychotherapy (play &amp; EMDR), dev therapy, meds &amp; case mgmt. \$15 with interns. M-F 8:30-5</p> <p><b>Access Living</b> <b>922-2207</b> <b>Medicaid, sliding fee.</b> M-F 8:30-6 690 S Industry Way #45 Meridian PSR services, IBI therapy, dev therapy services for children, counseling, adult day treatment, meds management.</p> <p><b>AFS</b> <b>658-9800</b> <b>Medicaid &amp; insurance</b> Call for hours. 7280 W Ustick Therapy, nurse practitioner, PSR, case &amp; meds management.</p> <p><b>Affinity</b> <b>375-0752</b> <b>Medicaid &amp; insurance</b> Individual, family, &amp; play therapy 8100 W Emerald #150 Psychiatrist, nurse practitioner, \$225 for evals. M-F 8-6</p> <p><b>All Seasons Mental Health</b> <b>321-0634</b> <b>Medicaid, no sliding fee.</b> 8050 W Rifleman #100 Therapy, PSR, DDA/ESC for children, case management.</p> <p><b>All Together Now</b> <b>336-9591</b> <b>Medicaid, Medicare, sliding fee.</b> Individual, family, groups 1111 S Orchard #174, marriage/kids play therapy.For PSR, TSC, &amp; med mgmt call 3364504</p> <p><b>Allied Mental Health Services</b> <b>286-7967</b> <b>Medicaid &amp; sliding fee</b> 11104 W State Star PSR, TSC, counseling, meds mgmt. Call for appointment.</p> <p><b>Ascent Behavior Health</b> <b>898-9755</b> <b>★</b> 366 SW 5th Ave #100 Meridian Psych evals, individual, teen, adult, dual diagnosis, family, couples, meds mgmt, substance abuse treatment. Self-pay, insurance, <b>state funding, no Medicaid.</b> \$150 1st appt., \$60 ongoing. M-F 9-6</p> <p><b>Aspen Mental Health</b> <b>342-2950</b> <b>Medicaid, Medicare, insurance</b> \$15-interns 1276 River #100 Case &amp; med mgmt, therapy, dev &amp; play therapy, EMDR.M-F 9-6</p> <p><b>Bell Counseling</b> <b>No Medicaid, insurance, state funding.</b> Teen &amp; adult groups, ★ anger management, family/marriage therapy, parenting, dual diagnosis. 1076 N Cole Boise <b>376-2577</b> 4615 S Locust Grove Meridian <b>288-1079</b> 877 Main Caldwell <b>459-6557</b> 621 S Washington Emmett <b>365-1060</b></p> <p><b>Big Brothers/Big Sisters of SW Idaho</b> <b>377-2552</b> ★ 2404 W Bank #302 Mentoring by screened volunteers with children (6-18).</p> <p><b>Boise Rescue Mission Ministries.</b> <b>Free counseling &amp; mental health consultation ★</b> Men call <b>389-9840</b> Stuart. Women call <b>368-9901</b> &amp; ask for Guest Services.</p> <p><b>Catholic Charities of Idaho</b> <b>345-6031</b> <b>No Medicaid, sliding fee</b> (\$10-50) <b>Spanish ★</b> 4202 W Emerald Individual/group/family, parent ed &amp; senior services. <b>Immigration /legal counseling</b> in Nampa <b>466-9926</b> Monica Salazar <a href="http://CatholicCharitiesIdaho.org">CatholicCharitiesIdaho.org</a></p> <p><b>Clearwater Rehabilitation Services</b> <b>322-5859</b> <b>Medicaid, insurance.</b> 8400 W Fairview PSR, case &amp; med mgmt, therapy services for adults &amp; children.</p> <p><b>Community Outreach Counseling Center</b> <b>466-7443</b> <b>Serving</b> Individuals at 4 Treasure Valley Locations, <b>free mental health consultations.</b></p> <p><b>Community Partnerships of Idaho</b> <b>376-4999</b> Tina Barker <a href="http://cp-of-idaho.com">cp-of-idaho.com</a> <b>Medicaid ★</b> 3076 N Five Mile &amp; insurance. Counseling &amp; groups, PSR, developmental therapy, IBI, residential rehab, case mgmt, employment services, behavioral &amp; recreational therapy, finds housing for disabled, psychiatrist employment services</p> <p><b>Community Support Center</b> <b>429-0330</b> <b>Medicaid</b> M-F 8-4 716 N Orchard; <b>Day Treatment, Groups, dual-diagnosis, skill building, age18+.</b></p> <p><b>Cornerstone Psychological Ass</b> <b>373-0790</b> <b>Medicaid, insurance.</b>PSR, psych evals, 1755 Westgate #260 Individual/marriage/family/play therapy/case mgmt. M-Th 8-5, F 10-3</p> <p><b>Shelly Conley-Durkin</b> <b>954-0670</b> 3775 N Eagle <b>Medicaid, sliding scale.</b> Kids &amp; families.</p> <p><b>Family Counseling Services</b> <b>888-5905</b> 870 N Linder #C Meridian <b>Medicaid, sliding fee, insurance.</b></p> <p><b>Family Services Center</b> <b>454-5133</b> <b>State funding, Spanish, counseling</b> ★ 704 Albany Caldwell Adult/teen substance abuse treatment, parenting.</p> <p><b>1st Choice Counseling (Phyllis Nodler)</b> <b>577-7634, 429-0330</b> <b>Medicaid, sliding fee</b> 716 N Orchard Art therapy, PTSD, individuals, couples, &amp; children. M-F 9-4</p> <p><b>Harper Counseling</b> <b>703-8688</b> <b>Sliding fee \$40-100/hr. Christian based.</b> ★ 2309 N Mountain View #220 Individuals, couples, &amp; kids. <b>Court ordered anger man &amp; sub. abuse counseling</b> at \$25/hour.<a href="http://www.harpercounseling.com">www.harpercounseling.com</a></p> <p><b>Human Supports of Idaho</b> <b>321-0160</b> <b>Medicaid, sliding scale.</b> PSR, meds mgmt, 7161 Potomac Dr #A payee services, service coord, individual therapy, day treatment (available in Boise only). <a href="http://www.humansupports.com">www.humansupports.com</a> 709 Dearborn St Caldwell <b>454-8389</b></p> <p><b>Idaho CareLine</b> <b>211 or 1-800-926-2588</b> <a href="http://www.211.idaho.gov/">www.211.idaho.gov/</a> <b>Medicaid ★</b> Referrals health &amp; human services, meds. <a href="http://www.RxIdaho.org">www.RxIdaho.org</a> for meds. <b>Spanish</b></p> <p><b>ISU Boise Counseling Clinic</b> <b>373-1719</b> Open 9/1/07 to 5/30/08. M-Th 12-8 12301 W Explorer #102 (Cloverdale/Chinden) Counseling interns counsel individuals, couples, families. \$10 co pay for individuals &amp; \$15 for couples.</p> <p><b>Kuna Counseling Center</b> <b>922-9001</b> <b>Medicaid, insurance, sliding fee/interns, PSR</b> 190 W Main Kuna individual, marriage, &amp; family, counseling, play Rx, <b>Spanish.</b></p> <p><b>LDS Family Social Services</b> <b>376-0191</b> Bishop may pay fees, insurance. ★ 10740 Fairview Individual &amp; birth parent counseling, adoption services. M-F 8-5</p> <p><b>Leyline Advocates</b> <b>344-9797</b> PSR/case management agency 250 Bobwhite Ct #230 accepting adult &amp; children with <b>Medicaid.</b></p>	<p><b>Life Counseling Center</b> <b>465-5433</b> <b>Medicaid, sliding fee, insurance, Spanish.</b> 112 12th Ave Nampa Individual, couple, family, play therapy, PSR, case/med mgmt</p> <p><b>Lifespan Counseling</b> <b>344-0844</b> <b>Medicaid, sliding fee.</b> <b>Animal/art therapy</b> 1509 Robert #101 (Vista) Counseling individual, marriage &amp; family, PTSD.</p> <p><b>Living Hope</b> <b>378-1122</b> <b>Medicaid, sliding fee,</b> \$55 min, ins. M-F 8-5 &amp; nights 3308 N Cole # A Marriage/family/children therapy, learning/behavioral issue, LD/ADHD evals</p> <p><b>Lutheran Community Services</b> <b>323-0996</b> Families, individuals, play 2920 Cassia therapy, anxiety disorder, PTSD &amp; bipolar, no sub abuse treat. Sliding fee, insurance \$22/hr min - interns, \$55 LPC. M-F 9-5 &amp; nights</p> <p><b>Meridian Counseling &amp; Wellness Center</b> <b>888-1320</b> <b>Sliding fee</b> \$10 min. 934 E 5th Meridian Individuals, families, trauma, ADHD, depression, anxiety, grief &amp; loss, &amp; eating disorders. Evening &amp; weekend appointments.</p> <p><b>Methodist Counseling Center</b> <b>319-1002</b> M-Su 9-6 evenings by request ★ 717 N 11th (Hays) Counseling for individuals, couples, &amp; families. Scholarships &amp; reduced fees available. Insurance accepted.</p> <p><b>Mountain States Group Mental Health</b> <b>336-5533</b> <b>Medicaid, insurance</b> 1607 W Jefferson Individual, family, &amp; group counseling; meds man; PSR; case management. EMDR. Nurse practitioner, PA, MD, LCSWs.</p> <p><b>Omega Mental Health</b> <b>853-0071</b> <b>Medicaid, Medicare, insurance. Spanish ★</b> 5985 W. State; Sub abuse; Teens (12+), adults. M, T, Th 9-8; W 9-5; F 9-4</p> <p><b>Pioneer Health Resources</b> <b>322-1026</b> <b>Medicaid</b> PSR, case/meds mgmt, 890 N Cole #B Boise 1016 Sanetta Nampa therapy or adults &amp; children.</p> <p><b>Riverside Rehab</b> <b>853-8536</b> <b>Medicaid &amp; insurance.</b> Psychiatrist, nurse 7735 W Riverside practitioner, adults, reduced rate counseling &amp; animal assisted therapy children, family therapy, case man, PSR, sand play therapy.</p> <p><b>Rocky Mountain Behavioral Health</b> <b>336-2308</b> <b>Medicaid</b> 4802 Kootenai Individual &amp; family counseling, PSR, meds mgmt, MD, PHD.</p> <p><b>Safe Place Ministries</b> <b>323-2169 or 1-888-776-4443</b> <b>Christian based. ★</b> 723 N Mitchell #101 Education &amp; counseling for victims of domestic violence &amp; sexual assault. Legal aid referrals. Fee schedule is donation based. No one will be denied for inability to pay. <a href="http://www.safeplaceministries.com">www.safeplaceministries.com</a></p> <p><b>St Alphonsus Behavioral Health Outpatient</b> <b>367-6500</b> <b>Medicaid ★</b> 131 N Allumbaugh Therapy for children &amp; adults, groups, medicine management, MD. Inpatient for children under 12, adult inpatient. M-F 8-8</p> <p><b>Salud y Provecho Clinic</b> <b>454-8632</b> <b>Domestic violence victim</b> counseling &amp; referral. ★ 317 Happyday Blvd #180 Caldwell 24 hr help for victims, parenting class.</p> <p><b>Free. Spanish speakers,</b> mental health/medical for individual, groups (victims &amp; male batterers), marriage/family, <b>service coordination</b> for kids. <b>Medicaid. Teens</b> (13-17) substance abuse group. <b>Medicaid</b> assessments only. M-F 8:30-5:30</p> <p><b>SANE SOLUTIONS &amp; Family Violence Prevention</b> M-Th 8-12, 1-5 front office hours Counseling for sexual abuse victims, juvenile &amp; adult, Protective Parenting Program, &amp; Personal Safety classes. Insurance, <b>Medicaid,</b> Victim's Compensation, sliding fee, self-pay, &amp; some grants available. Offices in Boise <b>323-9600</b> &amp; Nampa <b>463-2314.</b> Treatment program for adult &amp; juvenile sexual offenders, individual &amp; group. <b>Medicaid,</b> insurance, self-pay. Offices in Boise, Nampa, &amp; Ontario <b>345-1170.</b> Treatment groups for Domestic Violence offenders. Self-pay only Offices in Boise, Nampa, &amp; Mt. Home <b>345-1170.</b></p> <p><b>SunHealth for Boise Mental Health Clinic</b> <b>327-0504 x232</b> <b>Medicaid &amp; Medicare.</b> 8050 Northview Counselors, nurse practitioner for meds mgmt, age18+.</p> <p><b>Terry Reilly Health Clinic Nampa</b> <b>467-5282</b> <b>Medicare/Medicaid/ins/sliding fee ★</b> 223 16 Ave N Teen Clinic, Dental Services, Behavior Health Center, Spanish, pharmacy &amp; counseling. <b>Undocumented citizens</b> without proof of income can receive free non-emergency treatment. Bring 4 weeks of pay stubs.</p> <p><b>Tidwell Social Work Services</b> <b>853-5095</b> <b>Medicaid, Medicare, sliding fee</b> 5999 W State \$45 min, insurances. Individual, marriage, family, art play therapy, MD. We use interpreters for Spanish &amp; all other languages. M-F 9-5</p> <p><b>Treasure Valley Community Resource Center (TVCCR)</b> <b>459-9263</b> M-F 8-5 ★ Information &amp; referral on human services in Idaho &amp; Eastern Oregon via phone.</p> <p><b>Treasure Valley Community Counseling</b> <b>343-2737</b> <b>Medicaid, insurance, EAP, cash</b> 2273 S Vista #190 Counseling adults, kids, married, individuals, PSR, case mgmt adults.</p> <p><b>Treasure Valley Psychological</b> <b>672-8699</b> 6003 Overland Counseling.<b>Sliding fee, insurance.</b></p> <p><b>Veterans Center</b> <b>342-3612</b> <b>Free.</b> Provides <b>readjustment counseling</b> ★ 5440 Franklin #100 services for vets who served in war zones or have been sexually traumatized in military. Individual, group, couples, family counseling.</p> <p><b>Veterans Medical Center</b> <b>422-1000 X1145</b> <b>Outpatient, inpatient</b> Community ★ 500 W Fort Living Center. Behavioral health &amp; family counseling, groups, temp housing for active duty &amp; reserve. Homeless program available. <b>Veterans only.</b></p> <p><b>Warm Springs Counseling Center</b> <b>343-7797</b> M-F 8-5 (eves &amp; weekends by appt) 740 Warm Springs Ave <b>Autism Diagnostic &amp; Treatment Clinic</b> 3023 E Copper Point Dr #205 Meridian Full range of behavioral health services. Services available in <b>Spanish.</b>Accept insurance &amp; <b>Medicaid.</b> Subsidies. <a href="http://childrenshomesociety.com">childrenshomesociety.com</a></p> <p><b>Women's Crisis Center (WCA)</b> <b>343-7025</b> 24 hour Hotline Counseling abused ★ 720 W Washington women, children &amp; groups. <b>120 day residential program.</b></p>
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## DENTAL

<p><b>Apollo College</b>     <b>947-6821</b>     Free dental care 1200 N Liberty     Call for appointment. Each appointment averages 2.5 hours &amp; more than one visit is usually necessary. Undocumented citizens welcome. <b>Spanish</b> speakers and Spanish forms.</p>	<p><b>ISU Family Dentistry</b>     <b>331-0182</b>     <b>Medicaid</b> 2033 E Summersweet Dr     Children &amp; adults. Advanced general dentistry services. Sliding fee. \$25 for 15 minute screening.     8:30-4 T-F</p>
<p><b>Basic Dental Care</b>     <b>888-3384</b>     No Medicaid 870 N Linder Meridian     Quality dentistry at <b>lower fees for children &amp; adults</b>. Full payment required at appointment. Call for appointment. Office calls \$17, X-ray \$13, extractions start at \$88, porcelain to metal crowns \$548, root canals \$323 to \$578.</p>	<p><b>Milan Institute</b>     <b>472-2020</b>     <b>Sliding fee &amp; Medicaid</b> 8590 Fairview     First appointment includes full exam &amp; X-rays is \$50. Full services but no orthodontics. <b>Spanish</b> speakers. Will serve undocumented citizens. Call for information. Open every other Sat M, W, F 8-5; &amp; T, Th 11-7</p>
<p><b>Basic Care West</b>     <b>422-1088</b>     <b>Medicaid, Spanish</b> 1015 Caldwell Blvd Nampa     Lowest fees in the Treasure Valley. Must give 24 hour notice for cancellation.     M-Th 8-4</p>	<p><b>Small Smiles Dental Clinic</b>     <b>322-3010</b>     <b>Medicaid</b> 8744 Fairview (Fairview Tech Center between Milwaukee &amp; Maple Grove)     Prefer appointments but will accept some walk-ins. <b>Spanish &amp; Bosnian</b> translating. Children under 21 only.     M-F 8-5</p>
<p><b>Dr. Brock Bohlman</b>     <b>384-0577</b>     Call for appointment 5993 W State     No new adult patients. <b>Medicaid</b> for children only ages 4-21. Undocumented citizens will be served.</p>	<p><b>Terry Reilly Health Services Boise Dental</b>     <b>336-8801</b>     ★ 2301 N 36<sup>th</sup> #102     <b>Medicaid &amp; sliding fee</b> depending on income. <b>Emergency dental</b>, must arrive at 8 a.m. M-F. <b>Non-emergency</b> call at 8am for appointments. Extractions &amp; fillings. Bring \$30 deposit &amp; 4 weeks pay stubs. <b>Express Care (331-5049)</b>—Focus is on <b>pregnant</b> women &amp; other <b>Medicaid</b> patients with <b>diabetes</b> or <b>heart disease</b> can be seen within 4 working days. Payment is due at time of services. Spanish &amp; Bonian speaking translating available. Undocumented citizens welcome.     M-F 7:30 - 6</p>
<p><b>Boise Schools- Children's Free Dental Clinic</b>     <b>340-9697</b>     ★ 1609 S Owyhee - Whitney Elementary School (as of 11/1/09) Amy Croy, RDH, BS or <a href="mailto:amy.croy@boiseschools.org">amy.croy@boiseschools.org</a> Cleanings, sealants, restorations, &amp; extractions. Must have referral from BSD school nurse &amp; have appointment. Basic dental work performed only. No Medicaid or insurance patients (must be a student of the Boise School District).     M, T, F 8:30-3:30</p>	<p><b>Terry Reilly Canyon Dental</b>     <b>466-0515</b>     ★ 11136 Moss Lane Nampa (off Nampa-Caldwell Blvd., just west of Middleton Road)     Crowns &amp; bridges. <b>Emergency dental</b>: must arrive at 7:30 M-F. Limited # served. <b>Non-emergency</b>: call at 9 a.m. for appointments. Teeth cleaning, extractions &amp; fillings. <b>Medicaid &amp; sliding fee</b> depending on income. Bring \$30 deposit &amp; current pay stub. Call any weekday morning starting at 7:30 to schedule an appointment. Undocumented workers welcome. Must have new card from <b>Medicaid</b> for "Idaho Smiles".     M-F 7:30- 6</p>
<p><b>Caring Foundation for Children</b>     <b>1-866-938-0084</b> May receive up to \$1000 of dental care/year. Covers preventative &amp; restorative care (exams, cleaning, x-rays, fluoride treatment, sealants, resins, space maintainers &amp; fillings, stainless steel crowns, extractions &amp; therapeutic root canal). Coverage for a 2-year period total throughout life. For low-income, uninsured persons up to age 18. Must meet income guidelines, call for application.</p>	<p><b>Treasure Valley Pediatric Dentistry (Dr. Roy Rogers)</b>     <b>376-8873</b> 1564 S Timesquare Ln. (Overland near Maple Grove) <b>Medicaid</b> for children ages 0-20. Works with children with special needs.     M-Th 7:30-5 <b>Idaho Smiles Program</b> for patients needing extensive treatment.     M-W 7:30-4</p>
<p><b>Dr. Wayne Claiborne</b>     <b>336-4777</b>     <b>Medicaid</b> 10552 W Garverdale Ct #902     Emergencies OK. Call for appointment. Accepts all patients over the age of 5. Undocumented citizens will be served.</p>	<p><b>Willow Tree Dental</b>     <b>Medicaid</b> <b>317 W Cherry Lane</b>     <b>888-2055</b>     Spanish speakers. <b>5898 S Quamash Way</b>     <b>395-1000</b>     (Columbia Village) Payment plans for patients with no insurance. Call for appointment. M 8-5, T-Th 8- 8, F 8-3, Sat 8-2</p>
<p><b>El-Ada Outreach</b>     <b>345-2820</b>     First come, first served ★ 2250 S Vista Vouchers for emergency tooth extractions. Eligibility is based on income. One-time assistance. Undocumented citizens will be served.     M-F 8-4</p>	
<p><b>Garden City Community Clinic</b>     <b>384-5200</b>     ★ (Genesis World Mission) 215 W 35<sup>th</sup>     <b>Free</b> Dental Clinic is not currently accepting new patients; must be a current Garden City Community Clinic medical patient. Patients can't have insurance, receive Medicaid, Medicare, or VA benefits. Undocumented citizens welcome. Friday dental procedures are limited to fillings, root canals, &amp; extractions. Call for appointment.</p>	

## EDUCATION, GED, ELL, ESL, CHILD CARE

<b>After 3</b> <a href="http://www.cityofboise.org/after3/">http://www.cityofboise.org/after3/</a> Website using state-of-the-art technology enables parents & children to find safe, supervised after school programs in their neighborhood. Parents can search by age, topic & geographic location for just the right program for their child. Parents without internet access can call 211, the Idaho CareLine, to find information.	<b>Frank Church High School (Boise Public Schools)</b> <b>854-5650</b> ★ 8051 W Salt Creek St. Students ages 16-20, parental permission for under age 18. Free tutoring, grade 9-12 alternative school. M-F 8-4
<b>Big Brothers/Big Sisters of SW</b> <b>377-2555</b> Screened volunteers ★ 2404 W Bank #302 participate in 1-to-1 mentoring program with children (6-18). Wait list for boys & girls. Volunteer opportunities for high school students.	<b>Giraffe Early Learning Centers</b> <b>342-1239</b> - 901 Resseguie <b>424-3387</b> 1191 Grand Ave Childcare, sliding fee scale ages 6 weeks to 6 years. Bilingual program extracurricular activities, accepts ICCP. Snacks, breakfast lunch provided. Accepts part-time & drop-in, call first to confirm space. Food bank at both centers only for families with children at center.
<b>Boise City Child Care Licensing</b> <b>384-3710</b> Parents must make a public 150 N Capitol Blvd 1st Floor City Hall records request in writing at the City Clerk's office, can view files on all licensed child care providers in Boise. Will provide a list of providers broken out by zip code & facility type. <a href="http://gisweb.cityofboise.org/imf/imf.jsp?site=childcare">http://gisweb.cityofboise.org/imf/imf.jsp?site=childcare</a> Map-based picture image of all licensed child care facilities in city. <b>Spanish</b> interpreter available. M-F 8-5	<b>Head Start &amp; Early Head Start</b> <b>344-9187</b> Classes 8-12, 12-4 T-F 4709 Camas Accepts children from birth to age 5. Child development, parenting skills, nutrition, health info, behavioral, safety, guidance & family living skills are areas addressed via groups & home visits. Transportation provided for some classes. Provide food for breakfast & lunch, & afternoon snacks. <b>Early Head Start:</b> Expectant parents & families with infants up to age 36 months. Weekly home based family educator works 1.5-hour with child & parents. Socialization twice/month at center. Monthly family meetings to get information while child interacts with other children (day care provided).
<b>Boise Easter Seals-Goodwill Child Development Center</b> <b>378-9924</b> 1465 S Vinnell Way Preschool programs for children with & without disabilities ages 1-6. Autism program for children up to age 13, disabled adult program. Employment assistance for temporarily & permanently disabled adults, & people w/felony convictions. M-F 6-6	<b>Idaho CareLine 211 or 1-800-926-2588</b> <a href="http://www.211.idaho.gov/">www.211.idaho.gov/</a> ★ Call & ask for child-care referral in your area, get a list of providers. Referrals for health issues/meds in Idaho via Medicaid. Ask @ <a href="http://www.RxIdaho.org">www.RxIdaho.org</a> for prescription drug help.
<b>Boise Schools Marian Pritchett School at Booth Memorial</b> <b>343-3571</b> ★ 1617 N 24th High school for pregnant teenagers. M-F 9-12, 1-4	<b>Idaho Department of Labor WIA Youth &amp; Adult Program Youth</b> M-F 8-5 219 W Main Boise <b>332-3575</b> 205 E Watertower Meridian Ln <b>364-7785</b> 4514 Thomas Jefferson Caldwell <b>364-7782</b> <a href="http://www.labor.idaho.gov">www.labor.idaho.gov</a> Ages 16-21 & Adults 18+; Must meet eligibility requirements, call for appointment. Provide assistance in obtaining GED or High School Diploma.
<b>Boise Schools Preschool Screening</b> For 3-5 yr olds. Screenings are done <b>854-4143 &amp; 854-4142</b> August-March. <b>Must call for appointment.</b> For possible problems with speech, language, self-help skills, hearing, emotional vision, social & motor skills, concepts. Classes are either T-F 8:40-11:30 or 12:30-3:15.	<b>Idaho Family Assistance Center at Gowen Field</b> <b>272-4355</b> Tom ★ Offers all branches of military families services & referrals for various issues.
<b>Boise Parks &amp; Recreation's Mobile Recreation Unit</b> <b>384-4917</b> Call Roseanne Daily for more information. <a href="http://www.cityofboise.org/parks">www.cityofboise.org/parks</a> <b>Grace Jordan Community Center</b> <b>854-4910</b> (Chris Kranz) 6411 W Fairfield <b>Morley Nelson Community Center</b> <b>384-4917</b> (Roseanne Daily) 7701 W Northview Open M-F 9am-9pm, Closed Saturday-Sunday	<b>Idaho National Guard Youth Program @ Gowen Field</b> <b>272-4387</b> ★ Tanya Chin Learn about issues that face youth who live in military families. Deployment education. Community training available.
<b>Boys &amp; Girls Club of Ada County After School Program</b> (age 6-18) \$10 / year 610 E 42nd Garden City <b>321-9157</b> After school 3-8, M-F (1-7 on half days) 201 E Idaho Meridian <b>888-5392</b> No School, Summer, 11-6 (7am- \$5/day) Offers free meals daily, focuses on building relationships with trusted adults in a positive setting. Open to school-aged youth with a variety of programs offered daily. New families must attend orientation. <a href="http://www.bgclubidaho.org">www.bgclubidaho.org</a> for more information & orientation times.	<b>Idaho Parents Unlimited</b> <b>342-588</b> <b>Spanish</b> speakers. Support group for parents 1878 W Overland of children with disabilities which meets 2nd Wednesday.
<b>College of Western Idaho (Boise &amp; Nampa)</b>	<b>Job Corps</b> <b>375-9414</b> Ages 16-24 ★ 5257 Fairview #180 Full time program, usually residential. Closest center in Nampa, can be on unsupervised probation, no pending court charges, felonies or outstanding fines, limited income. Orientation T 3pm at Commerce & Labor orientation in Canyon County, 2nd & 4th Tues of month 3pm. M-F 8-5
<b>Adult Basic Education</b> - classes in basic skills, GED preparation, & ESL. GED test administration. <a href="http://www.cwidaho.cc/adult-basic-education/">http://www.cwidaho.cc/adult-basic-education/</a> <b>Oak Park Plaza 2323 S Vista Boise:</b> 1. Free ESL English classes, daytime and evening at two Boise locations. Call 562-2571 for upcoming registration schedule. 2. Free classes for basic skills and GED preparation, morning and evening. First attend orientation & diagnostic testing; call <b>562-2575</b> for upcoming schedule. Minimum age 16. <b>1360 S Eagle Flight Way, Boise:</b> GED testing. Check website <a href="http://www.cwidaho.cc/general-educational-development/">http://www.cwidaho.cc/general-educational-development/</a> or call <b>562-2068</b> for schedule & fees. <b>2407 Caldwell Blvd, Nampa:</b> 1. Free ESL English classes here & in several outlying towns. Call <b>562-2014</b> for registration info. 2. Free classes for basic skills & GED preparation, morning & evening. First attend orientation & diagnostic testing; call <b>562-2087</b> for upcoming schedule. Minimum age 16. 3. GED testing. Check website <a href="http://www.cwidaho.com">http://www.cwidaho.com</a>	<b>Learning Lab @ Boise Library</b> <b>344-0057</b> <a href="http://www.learninglabinc.org">http://www.learninglabinc.org</a> 715 S Capitol Blvd #403 (Upstairs) Same services as GC except adults only. <b>Garden City Library</b> <b>344-1335</b> 308 E 36th Free computer assisted learning center for adults & families with children 0-6. Cost based on income & family size, possible scholarships. English Language Learning (ELL), Adult Basic Skills, GED prep. Preschoolers (2 mo- 6 yrs) & <b>Parents as Partners</b> , family literacy classes.
<b>Computers for Kids</b> <b>345-0346</b> Low cost refurbished computers for students' 8540 W Elisa (off Victory, Cole Maple Grove) home use, grades K-14. \$35 fee, few scholarships available. \$65 fee for college students. <a href="http://www.cfkidaho.org">www.cfkidaho.org</a> -F 9-4	<b>Life Inc.</b> <b>888-0076</b> Community-based, developmental therapy for children 8620 W Emerald #130 age 3-17 years & adults. Residential habilitation services & support, 24-hour supported living model. <a href="http://www.lifeincidaho.com">www.lifeincidaho.com</a>
<b>Education &amp; Training Voucher Program</b> <b>377-1771</b> Julie Stevens 6441 Emerald (Casey Family Program) Program offers financial aid to current or former foster youth or youth who were adopted age 16 or older, or aged out of foster care at age 18. Possible help with post secondary education, training, books tuition, room & board, childcare & transportation, tools, uniforms, computers,. Must have diploma or GED & meet eligibility.	<b>Living Independence Network Corporation (LINC)</b> <b>336-3335</b> Advocates for ★ 1878 W Overland people with disabilities to receive services. Info & referrals. <a href="http://www.lincidaho.org/">www.lincidaho.org/</a>
<b>El-Ada Outreach</b> <b>377-0700 ext. 28</b> GED \$ help with fees for under 18 ★ 701 E 44th #2 Garden City & \$45 for Jr. & Sr. high school fees or supplies as available. July-September. Vouchers for parenting classes & employment-related certifications. Undocumented citizens will be served. M-F 9-4	<b>Love INC of Treasure Valley New Hope Relational Program</b> <b>466-7810</b> ★ Nampa One-on-one mentoring, teaching budgeting & life skills. Call to apply. Christian based. <a href="http://www.loveincvt.org/">www.loveincvt.org/</a> M-F 9:30-1
<b>Family Advocate Program Families First</b> <b>345-3344</b> Info at <a href="http://familyadvocate.org/">familyadvocate.org/</a> 3010 W State #104 FREE home-based parent education services on child development, effective parenting skills, nutrition & more. Parenting classes also offered. Serves families & children ages 0-12. Info at M-F 8:30-5	<b>National Alliance on Mental Illness (NAMI-Boise)</b> <b>376-4304</b> Family support ★ 4696 Overland #254 group on 1st & 3rd Wed 7-8:30 for families/friends of people with mental illness. Consumer support group meets at 716 N Orchard. 2nd & 4th Thurs (Ken 229-6699). New Consumer group meets 3rd Tuesday of month from 6-7:30 pm at the Acacia Wellness Center, 353 W Iowa Ave Nampa. Call 376-4304 for info about other classes & presentations. <a href="http://www.nami-boise.org">www.nami-boise.org</a>
	<b>Parent Challenge</b> <b>373-5478</b> Call for schedule & sign-up. Parenting skills program to help parents deal with negative adolescent behaviors. Runs for 10 weeks/class. \$20 fee but partial scholarships are available.
	<b>Parent Project</b> <b>373-5478</b> Call for schedule & sign-up. Highly structured parenting skills program to help parents prevent & intervene in destructive adolescent behaviors. 11 weeks/class during the year. Workbook costs.
	<b>United Way's Success by Six</b> <b>336-1070 X106</b> 1276 River Resources & referrals for child care providers. M-F 8-5
	<b>YMCA Downtown</b> 1050 W State <b>344-5501</b> Individuals & families may <b>West Boise</b> 5959 N Discovery Pl <b>377-9622</b> apply for \$ aid for membership.

## EMPLOYMENT AND CASUAL LABOR

<p><b>El-Ada Outreach</b>    <b>345-2820</b>    Casual day labor    ★  2250 S Vista    M–F 8 a.m. Arrive early. Must be there in person to pick number, placed on list based on #, will be called as jobs appear. Call 367-0094 between 8am &amp; 10:30am for program. Usually 4 hour's minimum of work at minimum \$8/hour. Casual labor placements. Minimum age 18. Help with job hunt, applications, resume writing, getting ID needed for work, basic job skill development. Employment Case Management available for workers with special needs. Includes transportation assistance. One-day bus passes available for employment. Can purchase work clothes or tools for folks who use our casual labor program. Provide workers with a sack lunch at work. Undocumented citizens will be served.</p>	<p><b>Labor Finders</b>    <b>345-1703</b>    <a href="http://www.laborfinders.com/">www.laborfinders.com/</a>  4227 W Emerald    Temporary, day labor, temp to hire, 2 forms of ID, arrive early for day labor. Higher skilled positions (i.e., receptionist, customer service) tests are given. No classes or other skill assessments.</p>
<p><b>ESGW-WORKING SOLUTIONS</b>    <b>322-9675</b>  600 N Steelhead Way #110    Case management, job search preparation, related classes, gas vouchers, bus passes, resume &amp; cover letter aid, faxes, phones, copies &amp; computer time . Required for those who receive food stamp and cash assistance who are mandatory to look for work. Interpreters available. <b>MUST BE REFERRED BY Department of Health and Welfare.</b>    M-F 8-5</p>	<p><b>Labor Ready Temporary Service</b>    <b>331-3606</b>  1088 N Orchard    Temporary work available. Application, safety test 1st day prior to work, &amp; may start that day. Paid at day's end at office, usually \$6–7/hr, arrive early as they match person to job, &amp; need to have 2 form of ID such as state photo ID, SSN card, certified birth certificate, or passport. <b>Spanish</b> speaker.  M–F 5:30am–6pm, Sa 6–10am &amp; 5–6pm</p>
<p><b>Freedom Resource Network</b>    <b>371-4168</b>    Delmer    ★  7540 Northview (3 domes at Northview Family Worship Center) Help finding jobs.    T–Th 1:30–4</p>	<p><b>Pro People Staffing Services</b>    <b>345-5747</b>    Temporary  10148 W Emerald #100    employment. applications taken Monday–Friday 8–2, need 1–2 hours to do application. Dress nicely for interview process, free training &amp; skills testing. Temp to hire.    Mon–Fri 7:30–6</p>
<p><b>Idaho Department of Labor Job Hotline</b>    <b>332-8940</b>  219 W Main    <b>Spanish speakers.</b> Register for work &amp; apply for Unemployment Insurance on-line or in office. Search available jobs on-line, get resume assistance &amp; free job search workshops. Speaks <b>Spanish</b>.  <a href="http://www.labor.idaho.gov">www.labor.idaho.gov</a>    Mon-Fri 8-5  <b>Job Hotline</b> Recording of newest job listings <b>332-8940</b>  219 W Main Boise    <b>332-3575</b>  205 E Watertower Meridian Ln    <b>364-7785</b>  4514 Thomas Jefferson Caldwell    <b>364-7781</b>  <b>WIA Youth &amp; Adult Program</b>    <b>332-3575 X3815</b>  <b>Youth</b> ages 16-21: possible \$ help with GED &amp; job training. <b>Adults</b> 18+: possible \$ help with training. Must meet eligibility requirements, call for appointment. Provide assistance in obtaining GED or High School Diploma.</p>	<p><b>SOS Staffing</b>    8708 Fairview    <b>327-1000</b>  2585 Caldwell Blvd #103 Nampa    <b>468-7899</b>  Clerical, skilled trades, production &amp; technical work, &amp; labor work available. Temp to hire based on work &amp; pay averages \$8–10/hour.    M–F 8–5</p>
<p><b>Job Corps</b>    <b>375-9414</b>    Ages 16-24    ★  5257 Fairview #180    Full time program usually residential. Nampa is closest center, can be on unsupervised probation, no pending court charges, felonies or outstanding fines, limited income. Orientation Tuesday 3 p.m. at Commerce &amp; Labor &amp; in Canyon County on 2nd &amp; 4th Tuesday of the month at 3 p.m. Spanish speaker.    M–F 8–5</p>	<p><b>Treasure Valley Community Resource Center</b> (TVCCR)    ★  <b>459-9263</b>    Information &amp; referral on human services in Idaho &amp; Eastern Oregon via phone.    M–F 8–5</p>
<p><b>Vocational Rehabilitation</b>    <b>327-7411</b>  10200 W Emerald #101    Vocational assistance for individuals with Disabilities who require help finding or maintaining employment.    <a href="http://www.vr.idaho.gov">www.vr.idaho.gov</a></p>	<p><b>Volt Services Group</b>    <b>375-9911</b>  8854 W Emerald #290    <b>Temporary work</b>, temp to hire, short and long term, clerical, accounting, light industrial (assembly, warehouse) available. Must complete application, possible safety test, pre-employment drug screen &amp; background check. Must provide 2 work references &amp; ID that proves legally able to work in the US. Paid weekly usually \$8–14/hr. Must speak basic English.</p>



## FINANCIAL AND UTILITY ASSISTANCE

<p><b>Ada County Indigent Services</b>    <b>287-7960</b>    <a href="http://www.adaweb.net">www.adaweb.net</a>    ★</p> <p>252 E Front #199 (2 buildings East of Courthouse—parking East side of Courthouse, or parking garage: \$2.50/hr). Fill out application, walk-in first come first served on Tuesday, Wednesday, Thursday, 8am &amp; 1 pm. One time/12 month rental help. General Assistance includes rent, power, gas, water, cremation assistance. Ada County must be last resort.    M-F 8-5</p>
<p><b>Debt Reduction Services</b>    <b>378-0200</b>    <b>Spanish</b></p> <p>6213 N Cloverdale #100    Free credit &amp; debt counseling, household budget review, &amp; credit report analysis. Walk-ins OK or call for appt.</p>
<p><b>Department of Health &amp; Welfare Self-Reliance</b>    <b>334-6700</b>    ★</p> <p>1720 Westgate (off Fairview behind Pojos) Food Stamps, Medicaid, TAFI grants, Idaho Child Care Program (ICCP), Grandparent Grant &amp; telephone help. Person must apply at office &amp; set up an interview. Come early to apply &amp; walk-in appointments available    M-F 8-5</p>
<p><b>El-Ada-Garden City</b>    <b>377-0700</b>    <b>Dee</b>    ★</p> <p>701 E 44th #1 (Garden City)    \$50 for prescription help. <b>Telephone assistance &amp; United Water Cares.</b></p> <p><b>Heat bill assistance</b> (wood &amp; propane OK) Call <b>322-1242</b>. Open Nov 1<sup>st</sup> to March 31<sup>st</sup>. <b>Home weatherization</b> for eligible homes made through Energy Assistance for once in a lifetime use. Need appointment. Bring income (pay stubs) for last 3 months from all working family members, a copy of the utility bill, &amp; landlord's name. Bring SSN card. <b>Undocumented</b> families may apply if 1 member is legal. Eligibility is based on income.    M-F 8-4:30</p>
<p><b>Idaho CareLine</b>    <b>211 or 1-800-926-2588</b>    ★</p> <p>Referrals for information on the <b>Earned Income Tax Credit</b> and <b>free tax preparation</b> sites. <b>Referrals for health issues/meds in Idaho via Medicaid.</b> Ask @ <a href="http://www.RxIdaho.org">www.RxIdaho.org</a> for <b>prescription drug help.</b> <a href="http://www.idahocareline.org/">www.idahocareline.org/</a></p>
<p><b>Idaho Power "Moratorium"</b>    <b>388-2323 or 1-800-488-6151</b></p> <p>Moratorium on paying electric bills from Dec 1<sup>st</sup> to March 1<sup>st</sup>; Must call ID Power, tell them you have children, &amp; continue paying bill. Your power will be turned off after March 1<sup>st</sup> if nothing has been paid on the bill.</p>
<p><b>Intermountain Gas "Moratorium"</b>    <b>377-6840</b></p> <p>Moratorium on <b>paying gas bills</b> from Dec 1<sup>st</sup> to March 1<sup>st</sup>. Must call Intermountain Gas, tell them you have children, and continue paying your bill. Your gas will be turned off after March 1<sup>st</sup> if nothing has been paid on the bill.</p>
<p><b>Love INC of Treasure Valley</b>    <b>466-7810</b>    <b>Nampa</b>    <a href="http://www.loveinctv.org">www.loveinctv.org</a>    ★</p> <p><b>New Hope Relational Program</b>    One-on-one mentoring, teaching budgeting &amp; life skills. Call to apply. Christian based.    M-F 9:30-1</p>
<p><b>Salvation Army</b>    <b>343-5429</b>    <b>Project Share</b>    <b>Help with Idaho Power</b>    ★</p> <p>4308 W State    &amp; <b>Intermountain Gas bills.</b> Call at 9am on first Thursday of the month for phone interview as monthly monies are gone by end of morning. During telephone interview caseworker will tell the person what they need to bring in. Bring proof of address &amp; photo ID. Program available from October 1 to April 30.</p>
<p><b>St Vincent de Paul Help Lin</b>    <b>331-2208</b>    Zip code determines closest church where you will be referred. Must leave phone number for call back.    ★</p>
<p><b>Social Security Administration</b>    <b>321-2901</b></p> <p>1249 S Vinnell Way #101 (off Overland by Wal-Mart)    Retirement, survivors, disability, educational outreach &amp; Medicare information. May call for appt. Arrive early, possible line.    <a href="http://www.socialsecurity.gov">www.socialsecurity.gov</a>    M-F 9-4:30</p>
<p><b>Treasure Valley Community Resource Center TVCCR</b>    Information &amp; referral    ★</p> <p><b>459-9263</b>    on human services in ID &amp; Eastern Oregon via phone. M-F 8-5</p>
<p><b>UW Cares</b>    <b>377-0700</b>    <b>Dee (only United Water customers)</b>    ★</p> <p>701 E 44th #1    via El-Ada Garden City.    Call about voucher for part of water bill. Must qualify, have a shut off notice. Year round.</p>

### Income Tax Resources

If you worked at all, you may qualify for a refund of all or part of your withholding, the earned income credit, or other tax credits, depending on your circumstances. Many people who have not filed are entitled to refunds & if they do not file within three years of the due date of the return, they will lose that refund. If there is a refund coming there are no penalties. If there is a balance due, there will be penalties but IRS can either set up a payment plan or delay collection until you are able to make payments. Free income tax assistance is available for basic income tax returns. The IRS can provide copies of income information if you have lost or never received your Forms W-2 or other income information.

- **IRS Telephone Assistance for Individuals**    **1-800-829-1040**  
Monday – Friday, 7am - 10 pm your local time.
- **Face-to-Face assistance with IRS & to get copies of reported income, visit**  
Boise Office in Federal Building, 550 West Fort    **387-2847**  
Monday-Friday 8:30am-4:30pm    [www.irs.gov](http://www.irs.gov)
- **For information regarding State Taxes:** Idaho State Tax Commission  
Regional Office, 800 Park Blvd, Plaza IV    **334-7660** or **1-800-972-7660**  
[www.tax.idaho.gov](http://www.tax.idaho.gov)

H&R Block Tax Professionals are available to provide Free Answers to Tax Related Questions, on the phone or in person. District office location: 1510 S Orchard, Boise    **344-7665**

**More than \$45 million in unclaimed assets in Idaho are just waiting to be claimed. To search for unclaimed property (i.e. utility & rent deposits, tax refunds, & child support checks), go to**    <https://www.accessidaho.org/apps/tax/ucpsearch/>

### FREE TAX TAX HELP LOCATIONS & PREPARATION 2009

Call 211 or [www.idahocareline.org/](http://www.idahocareline.org/) for up to date information & [http://www2.unitedwaytv.org/default\\_2ga.aspx](http://www2.unitedwaytv.org/default_2ga.aspx) for up to date locations. Trained volunteers prepare most simple tax forms. Walk-in & get help. Bring all necessary forms. La ayuda bilingue estara disponible.

**Boise County CEI VITA**    2717 S Vista Ave    Jan 24 – April 15  
Tuesday through Thursday 2pm - 8 pm, Saturdays 2pm - 4pm    Spanish, Walk-in

**Boise Senior Citizens Center**    690 Robbins Rd    Feb 3 – April 9  
Tuesdays 8:30am – 12:30pm    Wednesdays 1 - 3pm  
Thursdays 8:30am – 2pm    Walk-in

**Eagle Senior Center**    312 E State    Feb 3 - April 7 Walk-in  
Tuesdays: Feb 3, 17; Mar 3, 17; April 7 **ONLY** 10am – 2pm

**Eagle Public Library**    100 Stierman Way    Feb 14 – April 11  
Saturdays: Feb 14 21; March 7, 14; April 4, 11 **ONLY** 10am – 2pm

**Garden City Library**    6015 Glenwood    Feb 7 – April 11  
Saturdays 10:30am – 2:30pm    Walk-in

**Hillcrest Retirement Center**    1093 S Hilton    Feb 4 – Apr 8  
Wednesdays 5:30pm - 8:30pm    Walk-in

**Kuna Senior Center**    229 Avenue B    Feb 2 – Apr 6    Walk-in  
Mondays: Feb 2, 9, 23; Mar 9, 23; Apr 6 **ONLY** 9:30am – 2:30pm

**Meridian Community Center**    201 E Idaho Ave    Feb 3 – April 9  
Tuesdays & Thursdays 10am – 2pm    Walk-in

**Nampa - Hispanic Cultural Center of Idaho**    315 Stampede Dr Room 100    Feb 5 – April 9    Walk-in    Thursdays 10am – 2pm

**St Mark's Catholic Church**    7960 Northview    Feb 3 – April 9  
Tuesdays & Thursdays 10am – 2pm    Walk-in

## FOOD PANTRIES

<p><b>Agape in Action</b> <u>685-0612</u> Free groceries, clothing, &amp; toiletries ★ 1001 S Orchard the last Saturday of each month from 1–4pm. For emergencies call 703-5381 for help. Also offers the "Toys for Tots" program in the months of September - December. <a href="http://www.agapeworship.com">www.agapeworship.com</a></p>	<p><b>Operation Love Center</b> <u>375-3226</u> 1820 N Dawn Lane Call first. Bring ID. Provide proof of address, live in Ada County, &amp; provide food boxes for 1 week. M-Th 9:30-11:30am</p>
<p><b>Calvary Chapel of Boise</b> <u>321-7440</u> Amber Limited supplies. 123 Auto Dr (Boise Auto Mall) Non-perishable &amp; some perishable foods. Church family will be given 1st priority. 1 visit/month/home. Sat 10–2</p>	<p><b>Redeemer Lutheran Church</b> <u>344-6758</u> Wash Wipe &amp; Wrap Free toilet ★ 2920 Cassia paper, diapers, laundry soap. On 3rd Sat of month 1–3pm.</p>
<p><b>Community Ministries Center</b> <u>378-7774</u> Cans, produce ★ 3000 Esquire (S of Ustick) &amp; meats when available. Call ahead for baby items such as baby formula, &amp; diapers &amp; social services. Use every 45 days. Bring proof of address &amp; ID (photo ID or birth certificate) for family members needing food. T–F noon–3:30</p>	<p><b>Sacred Heart Church</b> <u>344-8311</u> Use every 30 days. ★ 811 S Latah When available. <b>Cans, eggs, &amp; perishables. Fresh produce, meat, dairy, eggs, canned goods, bakery.</b> Food assessed by family size, large families OK. Undocumented citizens OK, bring ID. Will deliver to homebound in 83705 and 83706 area. M W F 9:30–11:30am</p>
<p><b>Eagle Food Bank</b> <u>631-0702</u> at Landing Community &amp; Arts Center 149 West State St Eagle 1st &amp; 3rd Thursday 10 am–1 pm</p>	<p><b>St John's Cathedral</b> <u>342-3511</u> ★ 815 Hays Cans, staples, food boxes. M–Th 1–3</p>
<p><b>El-Ada Outreach</b> <u>345-2820</u> Food Pantry Use every 60 days. ★ 2250 S Vista <b>USDA commodities</b> 1st Wed of month 11:30–12:30. Use monthly. Undocumented citizens will be served. M–F 8:30–4</p>	<p><b>St Mark's Food Bank</b> <u>327-0345</u> ★ 7960 Northview Must live in Boise. <b>Cans, milk, eggs, bakery &amp; meat for families.</b> Use every 45 days. Bring ID. M–F 10–2</p>
<p><b>El-Ada Garden City Food Pantry</b> <u>377-0700</u> ★ 701 E 44th #2 Use every 60 days. <b>USDA commodities</b> 1st Wed of month 11:30–12:30. Call for dates &amp; times of distribution. Undocumented citizens will be served. M–F 8:30–4</p>	<p><b>St Mary's Food Bank</b> <u>850-6818 or 344-2597</u> 2945 Chinden #A (by W 30<sup>th</sup>) Garden City Use every 30 days. <b>Food boxes, frozen foods, dairy &amp; eggs.</b> M W F 1–3</p>
<p><b>First Baptist Church Food Bank</b> <u>344-7809</u> Bread, cans, 1318 W Washington cheese, butter, milk, some meat. 1st visit SSN card required. Visit every 30 days. Sa 10–Noon</p>	<p><b>Salvation Army</b> <u>343-5429</u> Use every 60 days. Non-perishable ★ 4308 W State food boxes. Bring proof of address (envelope/bill) photo ID for every family member &amp; live in Ada County. M–F 1–4</p>
<p><b>First Bible Missionary Church</b> <u>376-2439</u> 375 N Roosevelt Non-perishable food. Call for an appointment.</p>	<p><b>The Idaho Foodbank</b> <u>336-9643</u> Refers to food pantries. <a href="http://www.idahofoodbank.org">www.idahofoodbank.org</a></p>
<p><b>First Presbyterian Church Food Pantry</b> 950 W State Mondays 5–7</p>	<p><b>Treasure Valley Community Resource Center TVCCR</b> ★ <u>459-9263</u> Information &amp; referral on human services in Idaho &amp; Eastern Oregon via phone. M–F 8–5</p>
<p><b>Foundations Community Bible Church</b> <u>888-6455</u> 1450 N Ten Mile Meridian W 7 pm &amp; Su 12:30 pm</p>	<p><b>Vineyard Christian Fellowship</b> <u>377-1477</u> ★ 4950 N Bradley Bakery, cans, meat. Use every 30 days. Bring photo ID. Undocumented citizens welcome. W &amp; Sa 10–12</p>
<p><b>Freedom Resource Network</b> <u>371-4168</u> Delmer ★ 7540 Northview (3 domes at Northview Family Worship Center) Free food, clothing, &amp; some furniture available. Bring any photo ID, may use every 30 days. Undocumented OK. T–Th 1:30–4</p>	<p><b>Whitney United Methodist Church Food Bank</b> <u>343-2892</u> ★ 3315 Overland (Owyhee) Non-perishable food box. Feed family of 4 for 3 days, visit every 30 days. Bring photo ID. M–F 9:30–12. Community dinner on 3rd Fri 6–7. Saturday sack lunch (Zip code 83705 only) 11–12:30</p>
<p><b>Grace Chapel Food pantry</b> <u>375-5515</u> <a href="http://www.gracechapelboise.org">www.gracechapelboise.org</a> 8650 W Fairview Call first. Need photo ID. Spanish. Th 2:30–3:30</p>	<p><b>WIC (Women, Infants &amp; Children)</b> <u>327-7488</u> ★ 707 N Armstrong (Central District Health) Pregnant &amp; breast feeding women, infants &amp; children age 1-5 get cheese, eggs, beans, peanut butter, milk, cereal, juice &amp; fresh fruits/vegetables.</p>
<p><b>Holy Apostles SVdeP</b> Use every 60 days. Cans &amp; bread. ★ 6300 N Meridian (by Chinden) Bring ID. M W F 1-4, Th 5:30-7</p>	
<p><b>Idaho CareLine</b> <u>211 or 1-800-926-2588</u> ★ <a href="http://www.idahocareline.org/">www.idahocareline.org/</a> Referrals for health issues/meds in ID Medicaid. Ask @ <a href="http://www.RxIdaho.org">www.RxIdaho.org</a> for prescription drug. Free summer lunch referral.</p>	
<p><b>Idaho Community Action Network (ICAN)</b> <u>385-9146</u> Must qualify 3450 Hill Rd &amp; volunteer 5 hours/month (except homebound), go to monthly meeting, \$15-30 annual. Buy food &amp; donated food programs. No emergency assistance. Call 1<sup>st</sup> week of month.</p>	
<p><b>Lighthouse Rescue Mission</b> <u>461-5030</u> For Canyon County residents only. Call for days, times, &amp; qualifications.</p>	
<p><b>Meridian Food Bank</b> <u>888-5102</u> May visit twice/month. 13 E Bower Meridian Cans &amp; dry goods. Bring ID, proof of address. M, W, Th 12–4pm &amp; M, W &amp; Th 6:30pm–8pm</p>	



## FREE MEALS

<b><u>Celebrate Recovery Dinners</u></b> Sundays at 6pm <b>Christian Based "8 Recovery Principles"</b> <b>Capital Christian Center</b> <b><u>888-3101</u></b> 2760 E Fairview Meridian <b><u>Vineyard Christian Fellowship</u></b> <b><u>377-1477</u></b> 4950 W Bradley Boise <b><u>Celebrate Recovery 602-5667</u></b> Randy or <b><u>344-8311</u></b> Mike Eisenbeiss <b>Sacred Heart Church</b> 12 steps of AA & 8 Principals from Beatitudes. Thursdays 6:30 refreshments, 7-9 large group teachings & testimonies. Drop in or call.	<b><u>River of Life Boise Rescue Mission</u></b> <b><u>389-9840</u></b> ★ 575 S 13th (by River St)      Breakfast 6:30 am daily Lunch 11:50 pm daily Dinner 5 pm for Guests staying outside of River of Life, 7 pm for Guests staying at River of Life.
<b><u>City Light for Women &amp; Children</u></b> <b><u>368-9901</u></b> ★ 1404 W Jefferson; Boise Rescue Mission Breakfast 6:30 am M-F, 9 am Sunday Brunch 10:30 am Saturday Lunch 12 pm Monday-Friday Dinner 5 pm daily	<b><u>St Michael's Cathedral Church</u></b> <b><u>342-5601</u></b> 518 N 8 <sup>th</sup> M-F 9-3 Summers M-Th 9-1. Limited sack lunches available.
<b><u>Community Family Shelter</u></b> <b><u>461-3733</u></b> (Salvation Army) ★ 1412 4th St. S Nampa      Breakfast 6-9 am Lunch 11:30 am daily except Wednesday & Sunday	<b><u>Vineyard Christian Church</u></b> <b><u>377-1477</u></b> Serves food      ★ Feeding God's Children from 2 - 4 pm Sundays at Julia Davis Park.
<b><u>Lighthouse Rescue Mission</u></b> <b><u>461-5030</u></b> ★ 472 Caldwell Blvd Nampa Breakfast 6:30 am Monday-Saturday, 8 am Sunday Lunch 12 pm Monday-Saturday,      1 pm Sunday Dinner 7 pm daily Meals open to the public in need & not just to the homeless.	<b><u>Whitney United Methodist Church</u></b> <b><u>343-2892</u></b> ★ 3315 Overland (Owyhee) Saturday sack lunch (Zip code 83705 only)      11-12:30

## COMMUNITY SUPPERS AND FRIENDSHIP FEASTS

- Every Sunday ..... **First United Methodist Church**  
717 N 11<sup>th</sup> (Enter on Franklin Street ) ..... 5 pm
- 1st Thursday of month ..... **First Presbyterian Church**  
950 W State ..... 6 pm
- 1st Friday of month ..... **All Saints Episcopal Church**  
704 S Latah ..... 6 pm
- 2nd Thursday of month ..... **St John's Cathedral**  
807 N 8th (basement) ..... 6 pm
- 2nd Friday of month ..... **Sacred Heart Church**  
811 S Latah ..... 6 pm
- 3rd Tuesday of each month ..... **Red Rock Christian Church**  
1124 S Roosevelt (Corner of Roosevelt & Kootenai) ..... 6 pm
- 3rd Thursday of month ..... **First United Methodist Church**  
717 N 11th (Enter on Franklin Street) ..... 6 pm
- 3rd Friday of month ..... **Whitney United Methodist Church**  
3315 Overland by Owyhee ..... 6-7 pm
- 4th Thursday of month ..... **Wright Community Church**  
4821 W Franklin ..... 6 pm
- Last Wednesday of month ..... **Meridian United Methodist Church**  
235 E. Pine St., Meridian ..... 6pm
- Last Thursday of month ..... **First Presbyterian Church**  
950 W State ..... 6 pm **NO MEAL ON 11/26/09 & 12/31/09**  
(Friendship Feast Sponsored by Ahavath Beth Israel Synagogue)

## HOTLINES FOR CRISIS ASSISTANCE, SUICIDE, DOMESTIC VIOLENCE, AND SEXUAL ABUSE

<b><u>American Red Cross</u></b> 146 South Cole Offers family disaster & emergency assistance.	<b><u>947-4357</u></b> or 1-800-853-2570  Monday - Thursday 8-4, Friday 8-1
<b><u>Domestic violence victims &amp; victims of rape or sexual assault</u></b> 24 hour crisis line	<b><u>459-4779</u></b>
<b><u>Health &amp; Welfare Mobile Crisis Unit Suicide Prevention</u></b> 24 hour crisis line for children.	<b><u>334-0808</u></b> or <b><u>1-800-600-6474</u></b> ★
<b><u>Hotlines for Information on Substance Abuse</u></b>	
• Al-Anon .....	<b><u>344-1661</u></b>
• Al-Ateen .....	<b><u>1-888-425-2666</u></b>
• Alcohol Drug Helpline.....	<b><u>1-800-821-4357</u></b>
• Alcoholics Anonymous (AA) .....	<b><u>344-6611</u></b>
• Call St. Luke's .....	<b><u>381-9000</u></b> ★
• Drug & Alcohol Treatment Hotline (Nampa) .....	<b><u>463-0118</u></b>
• Drug Information Help/National Clearinghouse for Alcohol & Drug Information .....	<b><u>1-800-729-6686</u></b>
• Narcotics Anonymous (NA) .....	<b><u>338-4880</u></b>
• (NAMI) National Alliance on Mental Illness Helpline	<b><u>1-800 950-6264</u></b> ★
• RADAR (Alcohol & Other Drug Resources) .....	<b><u>426-3471</u></b> or <b><u>1-800-937-2327</u></b>
<b><u>Hays Youth Help Line</u></b> operated by Hays Shelter Home (24 hour hotline)	<b><u>1-877-805-2308</u></b> ★
<b><u>National Run Away &amp; Child Abuse Hotlines</u></b>	<b><u>1-800-621-4000</u></b> (24 hour hotline) <b><u>1-800-786-2929</u></b> (Runaway)
<b><u>National Suicide Prevention Lifeline Hotline</u></b> (24 hour hotline)	<b><u>1-800-273-8255</u></b> or <b><u>1- 800-273-TALK</u></b>
<b><u>National Teen Dating Abuse Hotlines</u></b>	<b><u>1-866-331-9474</u></b>
<b><u>Suicide Prevention Hotline</u></b> (24 hour hotline)	<b><u>1-800-564-2120</u></b> <a href="http://www.suicidepreventionlifeline.org/">http://www.suicidepreventionlifeline.org/</a>
<b><u>Women &amp; Children's Crisis Center (WCA)</u></b>	<b><u>343-3688 X19</u></b> ★
• <b>Domestic Violence Hotline</b> .....	<b><u>343-7025</u></b> (24 hour hotline)
• <b>Rape Crisis Hotline</b> .....	<b><u>345-7273</u></b> (24 hour hotline)

## HOUSING ASSISTANCE

<b><u>Boise City/Ada County Housing Authority</u></b>	<b><u>345-4907</u></b>
1276 River #300 Process applications for subsidized housing (Section 8) for families, disabled, & elderly. Typically a 2-4 year waiting list. Public Housing (project based housing) for the elderly & disabled is typically a 9-12 month waiting list. For available rental units from various landlords in the community please visit <a href="http://www.housingidaho.com/">http://www.housingidaho.com/</a>	
<b><u>Boise City Housing &amp; Community Development</u></b>	<b><u>384-4158 X 100</u></b>
1025 S Capital Have some below market value rental referrals for studios, 1 & 2 bedrooms units, several larger units available.	
<b><u>Idaho Housing &amp; Finance</u></b>	<b><u>331-4877</u></b>
565 W Myrtle Assists new homeowners with low-rate loans, income based, potential help with down payments & closing costs. List of affordable housing (which offers fixed below-market rents), & subsidized housing (where sliding scale rents are tied to tenant income) in Ada County.	
M-F 8:30-5:30	
List of available units can be found at:	
<b>Website that lists apartments for rent:</b>	<a href="http://www.housingidaho.com">www.housingidaho.com</a>
<b>Website that lists apartments for rent in Spanish:</b>	<a href="http://viviendaidaho.com/index.html.ESP">http://viviendaidaho.com/index.html.ESP</a>
<b><u>Idaho Legal Aid</u></b>	<b><u>345-0106 ext. 0</u></b> <a href="http://www.idaholegalaid.org/">www.idaholegalaid.org/</a>
310 N 5 <sup>th</sup> Help with family law, including divorce & custody with domestic violence, & landlord-tenant problems. Eligibility based on income & type of problem (domestic violence). Walk-ins OK. Statewide toll free Domestic Violence Legal Advice Line at 1-877-500-2591 & statewide toll free Senior Legal Hotline at 1-866-954-0106 for persons 60+ regardless of income, staffed by Legal Aid attorneys. Spanish speakers, language line--1-866-954-2591. Fair Housing Line. M-F 8:30-5	
<b><u>Jesse Tree of Idaho</u></b>	<b><u>383-9486</u></b>
1025 S Capital Blvd <b>Emergency rent assistance.</b> Call for screening for emergency rental assistance. Must have paid rent for 3 consecutive months on time, must have eviction notice, must participate in case management, have proof of income & be an Ada County resident.	
T W Th 11-2	
<b><u>Neighborhood Housing Services</u></b>	<b><u>343-4065</u></b>
1401 Shoreline Drive Affordable rentals but must show ability to pay rent & pass rental application check. Affordable homes for home ownership & low interest mortgage loans for families earning at or below 80% of area median income. Help with mortgages. <a href="http://www.nhsid.org">www.nhsid.org</a>	
<b><u>Sounding Board</u></b>	<b><u>577-6745</u></b>
1820 S Pacific Mediation provided by BSU interns in the area of landlord disputes & neighborhood disputes at \$15/hour.	



## LEGAL ASSISTANCE, IMMIGRANT AND REFUGEE AGENCIES

<b>Ada County Court Assistance/Self-Help Center</b> <a href="http://www.courtselfhelp.idaho.gov/">www.courtselfhelp.idaho.gov/</a> <b>287-6963 &amp; 287-6944</b> 200 W Front Room 158 (In Ada County Courthouse —parking available W side of courthouse, or parking garage @ \$1.50/hr) Provides <b>free forms &amp; instruction</b> for divorce & family law issues, custody, visitation, support modification, paternity, guardianship, landlord/tenant disputes, & small claims court. <b>Free forms &amp; instructions</b> for <b>family law</b> issues are also available at <a href="http://www.adaweb.net/cao">www.adaweb.net/cao</a> Applications for Domestic Violence Protection Orders are available from Clerk of Court on 1 <sup>st</sup> floor. New interactive website that will help prepare legal documents divorce filing with no minor children, name changes & landlord/tenant issues. <b>Family Court Services 4<sup>th</sup> floor of Courthouse 287-7600</b> Child support issues advised to go to Family Court Services for guidance, as it is complex. Can assist parents in calculating child support for divorce & custody cases. M-F 8-4		
<b>Agency for New Americans 338-0033</b> Settlement agency 1614 W Jefferson Providing refugees, asylees & victims of trafficking with case management, employment, referral & limited immigration services. Some other services available based on eligibility. <b>Spanish</b> speaking. <a href="http://www.anaidaho.org">www.anaidaho.org</a> M-F 8:30-5		
<b>Catholic Charities of Idaho 466-9926</b> Monica Salazar ★ 1703 3rd St N Nampa Immigration & legal counseling. <b>Spanish.</b> To qualify: Catholic Charities requires for each participant that there be no back child support, no IRS liens, no felonies, no prior false claims of citizenship, and less than 2 misdemeanors in last 5 years. Family Based system. No employer sponsors. <a href="http://www.catholiccharitiesidaho.org">www.catholiccharitiesidaho.org</a>		
<b>Center for Community &amp; Justice Neighbor's Project (Proyecto Vecinos) 378-1368</b> 4696 Overland #212 Low cost help for immigrants with <b>family immigration</b> issues. Not for deportation hearings. Call for appointment. <b>Spanish</b> speakers M-F 9-5		
<b>Comprehensive Advocacy Inc. (Co-Ad) 336-5353</b> <b>Free</b> 4477 Emerald #B100 Promote, protect & advocate for those with <b>disabilities</b> . Handle rights violations, Social Security issues, & some legal assistance. Call for an intake appointment & an advocate will call you back. <b>Spanish</b> speakers & interpreters.		
<b>Idaho Legal Aid 345-0106 X 0</b> <a href="http://www.idaholegalaid.org/">www.idaholegalaid.org/</a> 310 N 5 <sup>th</sup> Help with family law, including divorce & custody with domestic violence & landlord-tenant problems. Eligibility based on income & type of problem (domestic violence). Walk-ins OK. Statewide toll free Domestic Violence Legal Advice Line at 1-877-500-2591 & statewide toll free Senior Legal Hotline at 1-866-954-0106 for persons 60+ regardless of income, staffed by Legal Aid attorneys. Spanish speakers, language line-1-866-954-2591. Fair Housing Line. M-F 8:30-5		
<b>Idaho Senior Legal Hotline 345-0106 &amp; 1-866-345-0106 1-866-954-2591</b> for <b>Spanish speakers</b> . State-wide program by telephone for seniors 60 years of age or older to obtain free legal assistance with civil legal problems (such as problems with Social Security, SSI or other government benefit programs) & need information, advice or representation. M-F 9-12 & 1-4		
<b>Idaho Volunteer Lawyers 1-800-221-3295 &amp; 334-4510</b> Phone intake & application over phone, eligibility based on income & type of case. Free legal services for custody & visitation, divorce, debt collection, or modification of child custody court orders, guardianship child, guardianship adult, wills & estates, assistance for nonprofit corporations. Priority is with domestic violence &/or child endangerment cases. Will not handle criminal cases or any cash settlement. M-F 8-5		

<b>International Rescue Committee 344-1792</b> 7188 W Potomac Dr Refugee resettlement agency. Provides furnished apartments, case management, volunteer mentoring services, language & literacy support, & job placement services for agency clients. Services free to refugees.		
<b>Living Independence Network Corporation (LINC) 336-3335</b> ★ 1878 W Overland Advocates for people with disabilities to receive services. Not attorneys, does not offer legal advice.		
<b>Mexican Consulate (Consulado de Carrera de México en Boise) 343-6228 &amp; 343-6237</b> 720 Park Boulevard #260 Second Floor, Washington Group Plaza Ricardo Pineda Albarrán – Cónsul Titular. Will provide identification for Mexican nationals living abroad, such as birth certifications & passports. Will further trade & cultural relations between ID & Mexico. <b>Mexican Consulate 1-801-521-8502</b> 1-801-521-0534 (fax) 230 West 400 South 2nd Floor Salt Lake City, UT 84 M-F 8-1 ( <b>Undocumented citizens</b> , will be in Boise occasionally, taking photos & will give official photo IDs.) Very long wait same day for passport. Call for appointment, which will take 2-3 months.		
<b>Nampa Family Justice Center 475-5700</b> Help file for civil 1305 3 <sup>rd</sup> protection order, refer to domestic violence shelters, counseling for family violence issues. <a href="http://www.nampafamilyjusticecenter.org/">http://www.nampafamilyjusticecenter.org/</a>		
<b>Self-Help Legal Alternatives 344-3208</b> Provides court 3350 Americana Terr ready forms & help for a fee (\$100-150) to do paperwork for child custody, child support modification, divorce, bankruptcy, name change, & power of attorney. A fee of (\$150-200) for adoptions, probate, & guardianships. Drop in. M-F 9-5:30		
<b>Treasure Valley Community Resource Center TVCCR 459-9263</b> ★ Information & referral on human services in Idaho & Eastern Oregon via phone. M-F 8-5		
<b>Women's Crisis Center (WCA) 343-7025</b> ★ 720 W Washington Counseling individuals & groups for abused women/children, Spanish speaker can be arranged, 24 hr hotline. Legal help for protection orders, in-house court advocate makes referrals. <a href="http://www.wcaboise.org">www.wcaboise.org</a>		
<b>World Relief 323-4964</b> 6702 Fairview Refugee resettlement agency provides English classes, work orientation, job placement, & refugee mentoring. Extended services are available up to 5 years from date of arrival in US for refugee families assigned by State Department for resettlement program. Donations of household items, furniture, & gift cards are welcome. M-Th 9-4, F 9-1		

## MEDICAL ASSISTANCE

<b>Access Behavioral Health 338-4699</b> Medicaid, Medicare, self-pay, insurance ★ 1276 River Street #100 Offers uninsured low cost psychiatric medication mgmt for \$45/visit & assist with free med programs. M-F 8:30-5	<b>Omega Health 853-0071</b> Medicaid, Medicare, & insurance ★ 5985 W State For teens (age 12+) & adults. M, T, Th 9-8, W 9-5, F 9-3
<b>Ada County - NACo Prescription Drug Discount Card Program</b> Free cards may reduce up to 22 % of pharmacy's retail cost for almost any prescription. No paperwork or income guidelines. Use card like a coupon. Available at most pharmacies including Walgreens & Rite Aid.	<b>Partnership for Prescription Assistance 1-888-477-2669</b> Help get free or nearly free prescriptions. Income guidelines, <b>Spanish</b> . parx.org/about.php
<b>Ada County Indigent Services 287-7960</b> <a href="http://www.adaweb.net">www.adaweb.net</a> M-F 8-5 ★ 252 E Front #199 (2 buildings East of Courthouse—parking East side of Courthouse, or parking garage \$2.50/hr - 1st hr free). Fill out app, bring app to office to schedule appointment. Need current written prescriptions, may take 2+ days to OK. Assistance with long term medical bills based on indigency staying within time frames from 1st date of services. Use as last resort.	<b>Pharmaceutical Company Patient Assistance Programs</b> <a href="http://www.rxassist.org/search.cfm">www.rxassist.org/search.cfm</a> Website with information, news, & a database that are designed to help find ways to get affordable, or free, medications to low-income patients. Must register for a free user account.
<b>Aspen Mental Health 342-2950</b> Medicaid, Medicare, insurance. Offer uninsured 1276 River #100 low cost psych med mgmt - \$45/visit & help with free meds.	<b>Planned Parenthood 376-9300</b> Medicaid, sliding fee & insurance 3668 N Harbor (off State St) <b>Spanish</b> , Birth control, STDs, pregnancy tests, emergency contraception (EC), no walk-ins (for EC, pregnancy tests & urinary tract infections) 1 or 2 hrs prior to close. Abortion services. Early pregnancy loss services. M 9-7, T 11-7, W 9-5, Th, F 8-4, Sa 10-4
<b>Central District Health 375-5211</b> Same day appointments available. 707 N Armstrong Pl (Emerald ) <b>Teen Clinic</b> walk-in Th 2:30-5:30 <b>Family Planning</b> (327-7400) M-F appt only. <b>Pregnancy tests</b> by appt only. Times vary. <b>STI clinic</b> M 5-7:30, W & F 1-3:30. Same day appt available. <b>WIC</b> (327-7488) appt only. <b>Pregnant &amp; breastfeeding women</b> , infants & children age 1-5 get cheese, eggs, beans, peanut butter, milk, cereal, & juice. Infants may receive formula, cereal, juice, & fresh fruits/vegetables. Breastfed infants may receive some formula; depending on # ounces needed in 24 hours. <b>Immunizations</b> (327-7450) by appt only M, Tu, & Th 8-5, W 11-7, F 8-4.	<b>Primary Health Walk-in Clinics</b> <b>Medicaid</b> Undocumented people welcome 1907 S Broadway <b>M-Su 8-8</b> 345-1222 435 S Eagle <b>M-F 8-6, Sa 9-5</b> 939-8200 1130 E Fairview <b>M-Sa 8-8, Su 8-6</b> 888-9393 8971 W Overland <b>M-F 8-8, Sa 8-6</b> 378-4288 701 E Park Center <b>M-F 8-6, Sa 9-4</b> 344-4391 801 N Stilson (Vet Park) <b>M-F 8-8, Sa 9-4</b> 344-7799 ( <b>Spanish</b> ) 10787 W Ustick <b>M-Sa 8-8, Su 8-6</b> 378-80114
<b>Community Ministries 378-7774</b> Referrals T 1-3:30 & F 12-3 ★ <b>El-Ada Outreach 345-2820 ext. 14</b> Fran HIV testing, prevention ★ 2250 S Vista education, HIV groups for men & women, HIV rapid testing & results counseling on site & at various Outreach Van locations. T-F 11:30-4. Prescription Assistance up to \$45 for prescription 2/year. M-F 8:30-4.	<b>Rite Aid Pharmacy Savings Card 1-866-317-4286</b> \$8.99/30-days generics, \$15.99/90 days, save 20% on other name brand/generics.
<b>Family Practice Medical Center 367-6030</b> M-F 8-12, 1:15-5 Wait list. 777 N Raymond <b>Health Access Program</b> provides basic medical care for <b>adults &amp; children</b> , OB, & prenatal care. \$26 co-pay with income guidelines. Call to schedule a financial screening appointment. <b>Women's Health Check (367-6638)</b> for age 50-65 women. <b>Cervical &amp; breast screen</b> . Will accept younger than age 50 women if exhibit symptoms of breast or cervical cancer or haven't had a pap smear in 5 yrs. <b>Spanish speaker</b> . Bring SSN. <b>Undocumented citizens OK</b> . Call (M & W 9-1, T & Th 9-6.) for appointment. <b>HIV Services Clinic-Boise (367-6079)</b> M-F 9-5 <b>Free</b> confidential, <b>HIV test</b> by appt T 9-11:30, Th 1:30-3 Clinical trials, referrals to specialists, nutritional, dental, individual, family counseling, <b>Spanish</b> . Bring proof of HIV & income. East door.	<b>St Alphonsus Express Care 367-7264</b> Medicaid, Medicare, insurance. ★ Rite Aid 1515 W State <b>Albertsons</b> 4700 N Eagle Road (McMillan) Rite Aid 660 E Boise <b>Rite Aid</b> 2809 E Cleveland Blvd, Caldwell Nurse practitioner assesses & treats basic medical conditions & school physicals for flat fee of \$55. Ages 1+. M-F 9-8, Sa & Sun 10-6
<b>Friendship Clinic All Saints Church 429-6678</b> 709 S Latah (Cassia) Drop in medical care. <b>Free</b> . Proof of income/residence. 1st come, 1st served. Undocumented OK. M 5:30-8	<b>St Luke's Internal Medicine 381-6400</b> Medicaid, may slide fees. 701 E Park Center Adults 18+, primary care. No new patients now. M-F 8-5 <b>St Mark's Crisis Center 327-0345</b> Emergency only. <b>Need prescription</b> ★ 7960 Northview \$50 max, use only once. Photo ID. No pain meds. M-F 10-2
<b>Fred Meyer Pharmacy</b> Generic med approx \$4 for 30 days or \$10 for 90 days <b>424-7533</b> 3527 Federal Way <b>429-6433</b> 5230 W Franklin <b>323-7036</b> 5425 Chinden <b>373-5233</b> 10751 W Overland <b>887-5273</b> 850 E Fairview Meridian <b>465-2836</b> 50 2nd Street South Nampa	<b>St Vincent de Paul FreeMed Prescription Program 344-9737</b> ★ 3217 W Overland Maintenance medicines. Call for info & appointment first. No application fee. Meds usually take 4-6 weeks to arrive after app sent to drug company. Patient must have written prescription. M-Th 10-4
<b>Garden City Community Clinic 384-5200</b> (Genesis World Mission) ★ 215 W 35 <sup>th</sup> <b>Free</b> . New & returning patients seen T & Th 4-7, call promptly at 10am on T or Th for SAME DAY appointment. 9-1pm on W for established patients ONLY! Patients can't have insurance, Medicaid, Medicare, or VA Benefits. New patients bring proof of income & current photo ID. Undocumented citizens welcome. Services include treatment of non-emergent illnesses, selected chronic care, limited meds, limited referrals (to specialists, for labs & x-rays), & counseling. Services <b>DO NOT</b> include casting or removal, weight-loss or controlled drugs, drug testing, STD testing, hospital care, surgeries, prenatal care, or 2 <sup>nd</sup> opinions. <b>NOT A PHARMACY, CAN'T FILL OUTSIDE PRESCRIPTIONS</b> . Referring agency call with "unusual" clients to check if appropriate referral.	<b>St Vincent de Paul Help Line 331-2208</b> Zip code determines nearest church where you will be referred. Must leave phone # for call back. ★
<b>Humphreys Diabetes Center 331-1155</b> 1226 W River Diabetes education, offer financial aid to those who qualify.	<b>Shriner Hospital referrals 343-0571</b> Free for children. Treats burns, CP, skeletal problems, neuromuscular diseases. Covers hospital & travel costs.
<b>Idaho CareLine 211 or 1-800-926-2588</b> Referrals for health issues/meds in Idaho via Medicaid. Ask @ <a href="http://www.RxIdaho.org">www.RxIdaho.org</a> for prescription drugs. <a href="http://www.idahocareline.org/">www.idahocareline.org/</a>	<b>Sonshine Family Health 375-8806</b> Medicaid, self-pay, no insurance 2308 N Cole #H Payment due at visit, simple visits start at \$56. Nurse practitioner. Undocumented citizens served. Interpreters available with notice. M/T/Th 8-12, 1:15-5:15, W 8-1, 2:15-7, F 8-1
<b>Kmart Pharmacy 377-5153</b> <a href="http://www.kmart.com/shc/s/dap_10151_10104_DAP_Kmart+Pharmacy+Microsite">www.kmart.com/shc/s/dap_10151_10104_DAP_Kmart+Pharmacy+Microsite</a> 10477 Fairview Certain generic medicines \$15 for 90 days, bring prescription.	<b>State St Immediate Care 853-3100</b> Medicaid Walk-in clinic 4902 W State Medicaid patients with Healthy Connections need referrals. Office visits starting @ \$50. Limited <b>Spanish</b> services.
<b>Knights of Columbus Council #12854</b> Dick DeLeonard (362-3710), Dale Anderson (888-3782), John Jettinger (376-0918), & Robert Gettig (377-0874) Free wheelchairs, walkers, crutches, canes, medical beds, commodes, shower benches, & other medical equipment.	<b>"Su Familia" National Hispanic Family Health Helpline 1-866-783-2645 or 866-SU-FAMILIA</b> Call M-F 7-4. Hispanics get info to prevent & manage chronic conditions. <b>Bilingual</b> specialists refer to local MDs, receive bilingual fact sheets (asthma, cancer screening, heart disease).
<b>Living Independence Network Corporation 336-3335</b> 1878 W Overland ★ Loans & gives away equipment such as wheelchairs, walkers, etc.	<b>Terry Reilly Health Clinic - Nampa 467-5282</b> Medicaid & insurance, ★ 223 16 Ave N will take same day appointments, pharmacy, all medical services provided, <b>Spanish</b> speaking, <b>Teen Clinic</b> , counseling, bring proof of income & SS cards. <b>Undocumented citizens</b> without proof of income can receive free non-emergency treatment. <b>Express Care Walk-ins only</b> . Treats minor medical conditions for flat fee of \$26 cash, <b>Medicaid, Medicare, sliding fee</b> , insurance. M, T, Th 8-noon, 1-5, W 9-12:15, 1:15-5, 5:45-8, F 8-noon, 1-5, 5:45-8
<b>Mountain States Medical Clinic 378-2840</b> \$35 school physical 4809 W Fairview Walk-ins OK, urgent care. Cash discount. M-F 7-6, Sat 9-1	<b>Terry Reilly Boise Clinic 344-3512</b> Medicaid, sliding fee, insurance. ★ 848 La Cassia (off Latah) No walk-ins, appointment only, bring proof of income & SS cards. <b>Only treat shelter &amp; homeless residents. Spanish. Undocumented citizens</b> served. M, T, W, F, 8-5, Th-9-5
<b>North End Children's Health Clinic 395-0000</b> Anne Church <b>Medicaid</b> 1655 W Fairview #206 Insurance & self-pay. Pediatrics, obesity, behavioral consults (school issues, aggression, ADD, depression).	<b>Together RX Access Card 1-800-444-4106</b> Provides up to 25-40% off retail price 300 drugs (diabetes, cancer, arthritis, blood pressure). Legal US residents, uninsured, under age 65, have insurance, are eligible if meet income guidelines, <b>Spanish</b> speaker. <b>Medicaid</b> <a href="http://www.togetherxaccess.com">www.togetherxaccess.com</a>
	<b>Vineyard Christian Church 377-1477</b> W & Sa 9:30-11:30 <b>Spanish?</b> ★ 4950 N Bradley Walk-in, medical, & gynecology. Free if no insurance.
	<b>Wal-Mart Pharmacy No Medicaid</b> Bring Rx generic meds, \$4 for 30 days ★ <b>321-9080</b> 8300 W Overland Boise <b>853-4780</b> 7319 W State Boise <b>373-0024</b> 4051 E Fairview Meridian <b>461-8718</b> 5875 E Franklin Nampa <b>467-5159</b> 2100 12th Avenue Nampa <b>455-2151</b> 5108 E Cleveland Caldwell

## SHELTERS AND SHOWERS

<p><b>City Light for Women &amp; Children</b> <b>368-9901</b> ★</p> <p>1404 W Jefferson (Boise Rescue Mission) Non-mandatory <b>Chapel service</b> at 6:30–7:30 pm. 2 Programs:</p> <p><b>Emergency Shelter</b>—No over age 13 boys &amp; girls under 18 must be accompanied by mom. 4 pm check-in, closed from 8-4 daily, case management services available. No day use allowed. Some exceptions made for women with infant children, those who are sick &amp; bedridden, &amp; the frail &amp; elderly. Any person staying at shelter can receive <b>free counseling</b>. Resident must call to make an appointment with Rosie. <b>Breakfast</b> at 6:30 am M–F, 9 am Sunday. <b>brunch</b> 10:30 am Saturday, <b>dinner</b> at 5 pm daily. Open to public, including people who are not homeless but are mothers with kids &amp; the working poor.</p> <p><b>New Life Recovery Program</b>—12-18 month intensive program. Free residential shelter. Meals daily 5–6 pm.</p>
<p><b>Community Family Shelter</b> <b>461-3733</b> (Salvation Army) ★</p> <p>1412 4th St. S Nampa Open to families with children or single women. Emergency (90 day) housing provided &amp; transitional (4 months to 2 years) housing provided. Breakfast, lunch &amp; dinner provided free 7 days a week. Need to fill out application &amp; do screening to be put on the waiting list. <b>Probable waiting list</b>. Provide laundry facilities for those at risk of becoming homeless from 6-10 am everyday but Wednesday and Sunday, free.</p>
<p><b>Corpus Christi House</b> <b>426-0045</b> <b>Day Shelter</b></p> <p>525 Americana Blvd Have washers &amp; dryers, showers, some <b>clothing</b>, computers &amp; phones available, may use their address for a mailing address, &amp; free coffee. May use CCH's address &amp; phone number as your contact info. Businesses in search of day labor may call CCH. Will be crowded. Open daily M–Sa 8–5, Weds close at 11:30.</p>
<p><b>Good Samaritan Home</b> <b>343-6051</b> Provides affordable 3501 W State (on a sliding scale based upon income) housing (both permanent and temporary) for adults of all ages. M-F 9-5</p>
<p><b>Hays Shelter Home</b> <b>322-6687 or 1-877-805-2308</b> ★</p> <p>7221 Poplar (24 hr Youth Help Line) Work with youth who are victims of abuse or neglect, runaways or homeless. H &amp; W &amp; private referrals, waiting list, for <b>children only</b> ages 9-17. <b>Parent has to give consent for child to stay, daily rates based on parent's income.</b></p>
<p><b>Hope's Door</b> <b>459-6279</b> Caldwell Shelter for domestic violence victims &amp; victims of rape or sexual assault</p>
<p><b>Interfaith Sanctuary</b> <b>343-2630</b> <a href="http://www.interfaithsanctuary.org">www.interfaithsanctuary.org</a></p> <p>1620 W River Overnight shelter &amp; supportive services for men, women, &amp; families with children. No meals served at shelter but offer comfort foods &amp; beverages. Accommodate non-English speaking residents. 6 pm–7 am 7 days a week</p>
<p><b>Linden House</b> <b>345-1448</b> Supervised shelter for young women, 7th &amp; Fort will take 18-22 y/o females for up to 18 months. Provides case mgmt &amp; GED assistance.</p>

<p><b>The Lighthouse (Boise Rescue Mission)</b> <b>461-5030</b> ★</p> <p>472 Caldwell Blvd in Nampa <b>Men only</b>, 3 meals served/day, 7 days/week. Shelter check-in starts 4 pm. Wake up at 5:45 am, chores assigned daily. Visibly intoxicated men will not be admitted. <b>Breakfast</b>: 6:30 am daily, 8am Sundays, <b>Lunch</b>: 12 Mon-Sat, 1:00 pm Sun, <b>Dinner</b>: 7 daily. Meals open to public &amp; not just to the homeless. <b>Chapel service</b> at 6–7 pm daily. <b>Nov–Feb</b> accept everyone regardless of space, no time limit. <b>March–Oct</b> 17 day max stay &amp; wait 30 days for more shelter time. <b>Showers free</b> from 4–5:30 M–F for non-shelter residents. Used <b>clothes free</b>. <b>Jobs</b> program, sign a contract &amp; meet certain objectives to extend shelter stay. <b>1-year rehab program, live &amp; work at shelter</b>, no smoking, drinking or drugs in program.</p>
<p><b>River of Life Men's Mission</b> <b>389-9840</b> ★</p> <p>575 S 13th (by River St) Boise Rescue Mission will screen people at 389-9840 for beds. <b>Men only</b>. Overnight shelter, <b>Free meals, shower, &amp; clothing</b> provided to those in need. Chapel service daily at 7–8 pm. Chores assigned daily. Visibly intoxicated men will not be admitted &amp; curfew exists. Open to public, including many people who are not homeless but working poor. <b>Breakfast</b> at 6:30 am, <b>lunch</b> at 11:50 &amp; <b>dinner</b> at 5 pm &amp; 7 pm. <b>Jobs</b> program, sign a contract &amp; meet certain objectives to extend shelter stay. Substance abuse treatment.</p>
<p><b>Salvation Army (Booth)</b> <b>343-5429 ext. 3 or 4</b> ★</p> <p>4308 W State Open to single moms or dads with children, intact married families or single women of any age. Clients must leave M–F from 8–4. May stay up to 90 days. Breakfast, sack lunch &amp; dinner provided free 7 days a week. Call for phone interview. Probable waiting list.</p> <p style="text-align: right;">M–F 9–4</p>
<p><b>Valley Crisis Center Nampa</b> <b>465-5011</b></p> <p>24-hour crisis line, 67 beds, rules, has to be domestic violence (rape &amp; sexual assault situation), women &amp; children only, no boys over age 17, 90-day review program. Onsite counseling &amp; support groups.</p>
<p><b>YMCA</b> ★</p> <p><b>Downtown</b> 1050 W State <b>344-5501</b></p> <p><b>West Boise</b> 5959 N Discovery Place <b>377-9622</b></p> <p><b>\$2 Showers</b>, anytime at West Boise.</p> <p>Downtown M–F 7–8:30am 8–9:30pm, Sa 7–6, Su noon–6</p> <p>Individuals &amp; families may apply for financial assistance for membership.</p>
<p><b>Women &amp; Children's Crisis Center (WCA)</b> <b>343-7025</b> ★</p> <p>720 W Washington Call &amp; asses first. Must be <b>domestic violence or sexual assault</b>, women &amp; children only, 90-day program, required classes, waiting list. Substance abuse treatment individually &amp; in groups at the WCA for residents. Parenting, life skills, safety management, &amp; financial planning classes.</p>



## SUBSTANCE ABUSE TREATMENT

<b>Access to Recovery Hotline</b> <b>1-800-922-3406 ext. 2</b> <a href="http://www.bpahealth.com">www.bpahealth.com</a> <b>State Funding for Drug &amp; Alcohol Treatment.</b> Screen for eligibility for state funding based on residency, income & clinical issues. Refer to community agencies for outpatient treatment, inpatient treatment, residential, recovery support services (case management, transportation & childcare), safe/sober housing, family, marriage & life skills education classes, & emergency housing. 8-8 M-F		
<b>Ada County Juvenile Court Substance Abuse Program</b> <b>287-5600</b> 7180 Barrister Dr All programs are court ordered, ages 13-18. 1 Drug Court, 13 month commitment, outpatient 2 Residential for locked down adolescents, 6 weeks		
<b>AA-Alcoholics Anonymous</b> <b>344-6611</b> Call for information ★		
<b>Ascent Behavioral Health Service</b> <b>898-9755</b> No Medicaid ★ 366 SW 5th Ave #100 Meridian <b>Adolescent &amp; adult substance abuse treatment.</b> Assessment, intensive outpatient & relapse prevention services. Programming available for chemical dependency, dual diagnosis & prescription drug abuse. Insurance & <b>state funding for substance abuse treatment.</b>		
<b>Bell Counseling</b> <b>376-2577</b> ★ 1076 N Cole <b>Adolescent &amp; adult</b> outpatient, groups individuals, relationships, anger management, treat <b>dual diagnosis.</b> <b>State funded treatment, sliding fee for substance abuse.</b> Insurance.		
<b>Business Psychology Associates</b> <b>1-800-922-3406 or 947-4393</b> Provider of state funding for drug/alcohol treatment. Based on eligibility. 8-8 M-F		
<b>Calvary Chapel Outreach—Pure Word Ministries</b> <b>322-3073</b> ★ 226 S Cole <b>12 Step Program (Christian)</b>		
<b>Center for Behavioral Health</b> <b>288-0649</b> <b>Methadone Clinic</b> 1965 S Eagle #180 Meridian Outpatient treatment for all addictions. <b>Insurance or self-pay only.</b> M-F 5 am-12:30 pm, Sat & Sun 6 am-8 am		
<b>Chrysalis Home</b> <b>424-1323</b> <b>Transitional living for women,</b> no treatment. 34 beds. Must be clean & sober, not a shelter, 12-18 month stay, life skill classes, structure & accountability, must be in school or work full-time, & attend church/synagogue weekly. \$350/month program fee, waiting list. BPA can cover \$250 of the rent. <a href="http://www.chrysaliswomenidaho.org">www.chrysaliswomenidaho.org</a>		
<b>City Light for Women &amp; Children</b> <b>368-9901</b> ★ 1404 W Jefferson <b>New Life Recovery Program. Substance abuse treatment.</b> 1+ year intensive program. Residential shelter. <b>Free.</b> One on one counseling, <b>women &amp; children only,</b> provides meals daily.		
<b>Community Services Counseling</b> <b>336-6792</b> 963 S Orchard #B <b>Substance abuse</b> outpatient & intensive outpatient treatment. Chemical dependency matrix, relapse prevention, cognitive self change, relationship counseling, anger management, women's trauma recovery, & parenting classes Adults 18+, self-pay, approved for state funded substance abuse treatment, & voc rehab funding. M-F 10:30-9		
<b>Community Support Center</b> <b>429-0330</b> <b>Medicaid</b> 716 N Orchard <b>Adult day treatment for mentally challenged</b> adults age 18+. Art & play therapy, substance abuse issues, group therapy, dual diagnosis, skill building symptom management. Must have diagnosed mental disorder. M-F 8-4		
<b>El-Ada Outreach</b> <b>345-2820</b> Undocumented citizens OK. ★ 2250 S Vista <b>Recovery</b> support services & case man. <b>Outreach Van:</b> Mobile HIV prevention & homeless outreach. Call for location & schedule.		
<b>Family Services Center</b> <b>454-5133</b> <b>State funding, Spanish,</b> counseling ★ 704 Albany Caldwell <b>Adult/teen substance abuse treatment, parenting, CSC.</b>		
<b>Harmony House</b> <b>288-1079</b> Call first. <b>State funding.</b> Residential treatment for teens ages 13-17. 90-day program, family groups. Few beds, possible waiting list. Need assessment first.		
<b>Harper Counseling</b> <b>703-8688</b> Sliding fee \$40-100/hr. Christian based. ★ 2309 N Mountain View #220 Individuals, couples, & kids. Court ordered anger man & <b>sub. abuse counseling</b> at \$25/hour. <a href="http://www.harpercounseling.com">www.harpercounseling.com</a>		
<b>Idaho CareLine</b> <b>211 or 1-800-926-2588</b> ★ Referrals for health issues & meds via <b>Medicaid.</b> <a href="http://www.RxIdaho.org">www.RxIdaho.org</a> for prescription help. <a href="http://www.idahocareline.org/">www.idahocareline.org/</a>		
<b>Intermountain Hospital</b> <b>377-8400</b> Free Assessments <b>In-patient</b> treatment ★ 303 Allumbaugh for mental health & substance abuse for adults.		
<b>Lighthouse Rescue Mission</b> <b>461-5030</b> <b>Free</b> 12-18 month in-house 472 Caldwell Blvd (Nampa). residential program for <b>Men only.</b>		
<b>New Hope Community Health</b> <b>672-9200</b> 9460 W Fairview between 5 Mile & Maple Grove <b>No Medicaid,</b> accepts <b>state funded</b> treatment. Christian based recovery. Safe & sober housing, case management, assessments, & court ordered classes. M-F 9-5		
<b>Omega Mental Health</b> <b>853-0071</b> <b>Medicaid, Medicare,</b> & insurance. ★ 5985 W State For teens (12+) & adults. Substance abuse & suboxone ( <b>opiate dependency</b> ) treatment via medicines. MD. M, T, Th 9-8, W 9-5, F 9-3		
<b>Port of Hope—Nampa</b> <b>463-0118</b> <a href="http://portofhopecenters.org/">portofhopecenters.org/</a> Assessments, <b>detoxification.</b> 508 E Florida Outpatient, & inpatient treatment, <b>sliding fee</b> for adults age 18+.		
<b>River of Life</b> <b>389-9840</b> <b>Free residential recovery for men</b> ★ 575 S 13 <sup>th</sup> <b>Free residential recovery for men</b>		
<b>Rising Sun Sober Living Boise</b> <b>338-0861</b> <b>State approved funding.</b> Clean and sober living for <b>men</b> recovering from drugs and alcohol. Nice, clean house in convenient Boise location. On-site Management 24/7.		
<b>Road to Recovery (Boise Methamphetamine Clinic)</b> <b>384-4234</b> 5460 W Franklin #L Substance abuse outpatient & intensive outpatient treatment. Separate male & female intensive 12 month program. Must be at least 18 years old. State funded, must be <b>adult</b> (age 18 or older), no history of sexual abuse or violent offenses. <b>Spanish</b> speaker. M-Th 9:30-5:30		
<b>Sage Recovery Services</b> <b>287-3285</b> Alcohol/Drug Education, Relapse Prevention Education, Idaho Model CSC, Thinking for a Change, anger management, parenting, & individual/couple sessions. \$15/group; sliding scale & vouchers for financial.		
<b>St Alphonsus Addiction Recovery</b> <b>367-3553</b> <b>Medicaid</b> ★ 6138 Emerald Outpatient treatment for <b>adults.</b> <b>Sliding fee</b> & insurance. Call 1st for appointment. <b>Spanish</b> speakers, undocumented citizens welcome. M-F 8-5		
<b>Salud y Provecho Clinic</b> <b>454-8632</b> M-F 8:30-5:30 ★ 317 Happyday Blvd #180 Caldwell <b>Free domestic violence counseling</b> for victims & referrals, 24 hr hotline for victims, parenting classes. <b>Spanish speakers,</b> mental health, medical for clients, individual, groups for victims & male batterers, marriage & family counseling, <b>service coordination</b> for kids. <b>Medicaid.</b> <b>Teens</b> (13-17) sub abuse group. <b>Medicaid</b> for assessments only.		
<b>Supportive Housing &amp; Innovative Partnerships (SHIP)</b> <b>331-0900</b> Offers safe 1405 Grove & sober housing for single men & single women. SHIP also provides case management, random drug testing & life skills recovery support services. SHIP accepts state <b>Substance Use</b> funding from BPA, offers an affordable private pay program & a program for individuals experiencing homelessness. SHIP also has a housing program for homeless veterans with Substance Use Disorders.		
<b>Ten Mile Christian Church</b> <b>888-3101</b> ★ 2511 W. Cherry Lane Meridian <b>Outpatient recovery</b> support group services. Celebrate Recovery Christ centered, family, marriage, life skills training, case man. <a href="http://www.tenmilecc.com">www.tenmilecc.com</a>		
<b>Tobacco Cessation</b> <b>1-800-QuitNow (1-800-784-8669)</b> Free telephone counseling service. <b>Spanish,</b> deaf & hard of hearing. <a href="http://idaho.quitnet.com">http://idaho.quitnet.com</a> <b>Free Tobacco Cessation Classes</b> <b>342-0308</b> Call Nancy Caspersen.		
<b>Unio Recovery Center</b> <b>541-889-2490</b> 60 bed residential treatment center 686 NW 9th St Ontario, OR provides limited, uncomplicated medical detox with an open ended length of stay. The cost \$75/day Idaho & <b>state funding.</b>		
<b>Ustick House</b> <b>322-0474</b> 12-step structured <b>sober living house</b> 8050 Ustick & 9230 Ustick <b>for men,</b> 90-day min. <b>Sliding fee.</b>		
<b>Veterans Medical Center RSAT (Residential Substance Abuse Treatment)</b> <b>422-1000 X 1145</b> Provide <b>detoxification</b> & 21-day residential substance abuse treatment & outpatient substance abuse treatment. Outpatient counseling, groups, family counseling & transitional housing for veterans completing RSAT. <b>Available for eligible vets</b> only.		
<b>Vineyard Christian Church Celebrate Recovery</b> <b>377-1477</b> <b>Christian 12 Step</b> ★ 4950 N Bradley (N 48/Chinden) <b>Program.</b> 6 pm Dinner (optional), 7 meeting.		
<b>Walker Center Boise</b> <b>336-9076</b> Relapse prevention, intensive outpatient 5440 Franklin # 101 treatment for adults age 18+, chemical dependency assessments. In-patient treatment at Gooding with 1 year of aftercare. <b>No Medicaid,</b> will accept <b>state funded</b> substance abuse treatment <b>funding.</b>		
<b>Women &amp; Children's Crisis Center (WCA)</b> ★ Call Business Psychology Associates ( 947-4393 or 1-800-922-3406) for screening & referral first. Levels of care include transitional, intensive outpatient, & outpatient. On-site child care available. Possible wait list.		

## SUPPORT GROUPS (FREE)

<b>Adolescent Cancer Survivors</b> 422-0174 Heather ages 11 to 18 2676 S Vista 1 <sup>st</sup> Wednesday 6-7:30 For survivors with cancer diagnosis regardless of if they are receiving active treatment or are in remission.	<b>Down Syndrome Group</b> 378-9912 Call for info & meeting times. Support for families with Down Syndrome. <a href="http://www.idahodownsyndrome.org">www.idahodownsyndrome.org</a>
<b>ADHD Monthly Updates</b> 385-0888 2nd Monday at 7-8:30 1517 W Jefferson Psychologists & counselors give info about ADD/ADHD.	<b>Eating Disorder Support Group</b> 343-3131 Millie Smith Free ★ 900 N Liberty #100 St Al's Family Center Mondays 7:30-9. Not a therapy group. Best if seeing a MD & therapist while in group.
<b>Adult Children of Alcoholics</b> 344-1661 Saturdays @ 5:30 St Stephan's 2206 N Cole Tuesdays @ 7:30 1915 University St Paul's Catholic Center.	<b>ElAda Outreach</b> 345-2820 ext. 20 Beck Crafts Club ★ 2250 S Vista All materials provided for folks with any disability.
<b>AA-Alcoholics Anonymous</b> 344-6611 or 1-800-627-9103 Call for info. ★	<b>Epilepsy Foundation of Idaho</b> 344-4340 1st Wednesday at 7-9 310 W Idaho Emergency financial help to buy anti epileptic drugs, support groups, parent & family networks, counseling, advocacy, info & referral. Scholarships for students with epilepsy. First aid for epilepsy.
<b>Al-Anon Family Groups</b> 344-1661 24-hour info. Call for schedule. ★ 1524 S Vista Volunteers to talk with. Daily noon & evening meetings.	<b>Families Anonymous</b> 891-1463 Kati Call for more info. 12-step program for parents, family & friends (ages 15+) concerned about loved one's use of mind-altering substances or behavior problems. Focus on family only.
<b>Alliance on Mental Illness</b> 376-4304 1st & 3rd Wed 7-8:30 at 4696 Overland #226 Families/friends of people with mental illness.	<b>Gamblers Anonymous</b> 342-0672 12-step program. Meeting Thursday 7:15
<b>Consumer support group</b> 2nd & 4th Thursday group at Community Support Center 716 N. Orchard. Call Ken @ 229-6699 for location.	<b>Gam-Anon</b> 342-067 12-step program for families of compulsive gamblers
<b>Al-Ateen</b> 344-1661 Call for meeting times & locations. ★	<b>Grandparents &amp; Relatives as Parents / Idaho Kincaid Coalition</b> Supports grandparents & other adults who parent children during permanent absence or neglect of parents. Information & Referrals. <b>Boise Support Group (GAP)</b> 323-7538
<b>Allies Linked for the Prevention of HIV &amp; AIDS</b> 424-7799 <a href="http://www.alphaidaho.org">www.alphaidaho.org</a> 419 S 13 <sup>th</sup> Referral & support for sexual health (STD/STI/HIV).Free HIV tests, counseling, ed classes. Call for appt, walk-ins OK. M T W 5-9	Tracee 1st Monday 6:30-8:30 at 3853 N Eagle 2nd floor. <b>Casey Family Programs</b> <b>Kinship Program</b> 377-1771 Robin. <b>AARP Group</b> 323-9568 Marie Caldwell/Nampa 459-0063, 863-7477 cell, 454-3893
<b>Alzheimer's</b> 384-1788 & 1-800-272-3900 Call for info, resources & referrals on support groups for family members/caregivers.24/7 Helpline <a href="http://www.alz.org/idaaho/">www.alz.org/idaaho/</a>	<b>IFAD (ID Families of Adults with disabilities)</b> 991-2608 Helps families, friends & professionals to provide support to adults with various disabilities in ID. Ed seminars, social events, newsletters. <a href="http://www.ifad.us">http://www.ifad.us</a> E-mail <a href="mailto:ifad@ifad.us">ifad@ifad.us</a>
<b>Asperger's Support Group (ID)</b> 703-5889 Call for info. <a href="http://www.idahoasg.org">www.idahoasg.org</a> ★	<b>ID Mom's Network</b> 884-3773 Activities for stay-at-home moms. Information at <a href="http://www.idahomomsnetwork.org">www.idahomomsnetwork.org</a>
<b>Parents</b> 2nd Friday of month, location changes. Teen group Tuesdays 7-8.	<b>Life After Loss—Psychoeducational Workshop Series for Bereaved</b> ★ <b>381-2721</b> 325 W Idaho at St Luke's Hospice Call for information.
<b>Asthma Education (Family)</b> 381-2155 3rd Thursday 7-8:30 ★ 100 E Idaho St Luke's South Tower Anderson Center # 2; Asthma education, how it affects airways, triggers, meds, making asthma plan with MD.	<b>Narcotics Anonymous</b> 338-4880 pager
<b>Autism: Parents Who Help Parents</b> 336-5676 Call for information ★ 520 S Eagle St Luke's—Meridian basement	<b>National Alliance on Mental Illness (NAMI-Boise)</b> 376-4304 Family support ★ 4696 Overland #254 group on 1 <sup>st</sup> & 3rd Wed 7-8:30 for families/friends of people with mental illness. Consumer support group meets at 716 N Orchard. 2nd & 4th Thurs (Ken 229-6699). New Consumer group meets 3rd Tuesday of month from 6-7:30 pm at the Acacia Wellness Center, 353 W Iowa Ave Nampa. Call for info about other classes & presentations. <a href="http://www.nami-boise.org">www.nami-boise.org</a>
<b>Baby and Me Support Group</b> 367-7380 Tuesdays 10-11am ★ 900 N Liberty #100 St Al's Family Center For new parents & babies 0-12 mo	<b>New Moms' Group</b> 381-9000 ★ Meets Th 10:30-12 @ 103 W State at St Luke's Women Life. Meets T 10:30-12 @ St Luke's Meridian 120 S Eagle Rd, Shoshone Room.
<b>Because I Love You</b> Donna 345-1539 & Leone 853-2770 ★ 303 Allumbaugh at Intermountain Hospital Group (was called Toughlove) for parents of troubled children of any age. Tuesdays 7 to 9:30	<b>Overeaters Anonymous</b> 336-3485 Group for people with any eating disorder Sat 10am St Stephen's 2206 N. Cole Donna 884-4487 Sat 1:30pm 1st Congregational 2201 Woodlawn Ave LaDonna 631-9221 Mon 7:30pm All Saints 704 N. Latah Julie 343-1048 Thurs 7pm 5 Mile Nazarene 2701 S 5 Mile Dave 658-1496 Childcare available Tues 5:30 St Michaels 8th & State Jeannie 867-8649 Newcomers Wed 12:00 1st Congregational 2201 Woodlawn Ave Keith 867-8649 Wed 7pm Oregon Trail Church of God #6 I84 @ Middleton exit.Melanie 467-2561
<b>Better Breathers Club</b> 345-5864 2nd Wednesday 11-1 during school year 1412 W Idaho #100 People/families with respiratory issues. <a href="http://lungidaho.org">lungidaho.org</a>	<b>Parents, Families &amp; Friends of Lesbians &amp; Gays (PFLAG)</b> 867-5029 ★ Boise First Congregational 2201 Woodlawn Meets 2nd Friday 7:30-9 Congregational Church 55 S Midland, Nampa Meets 3rd Tuesday 7:30-9
<b>Birth Parent Support</b> 376-0191 10740 Fairview LDS Social Services ★	<b>Share Miscarriage &amp; Infant Loss Support Group</b> 367-7380 6200 W Emerald (Breast Care Center); First Tuesday 6:30-8
<b>Breast Cancer</b> 376-3929 or 880-5658 (cell) Becky Hays ★ 8800 W Emerald HealthSouth Hospital Mondays 6:30-7:30	<b>SHARE of Idaho</b> Loretta 343-8603 & Chrissy 388-8834 ★ 103 W State at St Luke's Women Life Group for parents who have had early pregnancy loss, stillbirth, or newborn death. 3rd Monday at 7:30
<b>Breastfeeding Bunch</b> 381-9000 Lactation experts will offer advice, Q&A ★ 103 W State St Luke's Women's Life Wednesdays 10-12 520 S Eagle St Luke's Meridian Shoshone Room Thursdays 1-3 pm. Breastfeeding moms & babies share experiences, concerns & information.	<b>Survivors of Suicide Support Group</b> 398-8231 Rich & Trudy ★ 717 N 11th (Cathedral of Rockies) Meets 2nd Friday 7 pm
<b>Breastfeeding Support &amp; Encouragement</b> 367-7380 ★ 900 N Liberty #100 St Al's Family Center Tuesdays 11-Noon	<b>Ten Mile Christian Church</b> 888-3101 Every Friday 6-9 ★ 2511 West Cherry Lane Issue specific, gender specific Christ centered support groups. Dinner & Children's Program. <a href="http://www.tenmilecc.com">www.tenmilecc.com</a>
<b>Cancer (Living Through)</b> 381-2760 Jeni Call @ groups in Meridian, Nampa, ★ 100 E Idaho St Luke's MSTI & Fruitland. Cancer patients, caregivers, & family.	<b>Touchstone Center for Grieving Children &amp; Adolescents</b> 377-3216 Group helps grieving children (ages 6-18) & families recover from loss. Children placed in age/gender groups with facilitator to work with grieving, usually thru play therapy. Parents meet with facilitator. Suggest 3 months wait after death before joining. Call to talk with a facilitator. No drop-ins.
<b>Cancer Grief Support Group for Cancer Patients &amp; their Families</b> <b>381-2760</b> Call to register for class & to get more information.	<b>Tourette's Syndrome</b> Stephanie 376-3409 shoffman3409@msn.com Email or call to meet one-on-one for guidance & information, & to meet someone of same age who has TS.
<b>Cardiac Support Group</b> 381-1200 Call for dates & topics ★ 100 E Idaho (St Luke's South Tower Anderson Center)	<b>Twins &amp; Multiples (Mothers of)</b> Samantha 888-5839 & Juanita 385-9513 Call or visit web site for times & dates of meetings. <a href="http://www.boisemom.org">www.boisemom.org</a>
<b>Celebrate Recovery Dinner</b> Christian Based "8 Recovery Principles." Capital Christian Center 888-3101 2760 E. Fairview Meridian Sundays 6 pm	<b>YAD (Youth Alliance for Diversity)</b> 841-3220 Javier Community Center 305 E 37th Garden City Support group (gay, lesbian, bisexual & transgender) for youth dealing with sexual orientation. Sundays 4-6 <a href="http://www.yadiversity.org">www.yadiversity.org</a>
<b>Celebrate Recovery</b> 602-5667 Randy or 344-8311 Mike Eisenbeiss Sacred Heart Church, 12 steps of AA & 8 Principles from Beatitudes. Thursday. 6:30 refreshments, 7-9 large group teachings & testimonies. Drop in or call.	
<b>CHADD (Children with ADHD/ADD)</b> 939-1455 Gayla 100 Stierman Eagle Public Library 3rd Wednesday 6-7:45	
<b>Children's Group for Children in Families with Cancer</b> 381-3161 ★ 100 E Idaho St Luke's MSTI 381-2779, 1-800-4624 Call @ next group.	
<b>Circle of Parents Support Group St Al's Family Center</b> 367-7380 ★ 900 N. Liberty # 100 Support group for parents with children ages 10 months and older. Children are welcome. Mondays 10-11:00am	
<b>Compassionate Friends</b> 855-2137 Rae Ann 2nd Thursday of month 7:15 ★ 520 S Eagle (St Luke's—Meridian Hospital basement) Group is for families who have lost a child. Adults bring a friend if nervous. <a href="http://www.tcfboise.org">www.tcfboise.org</a>	
<b>Depression Recovery</b> 375-6277 5009 Cassia Good Shepherd Church Mon 7:30 ★	
<b>American Diabetes Association</b> 331-1155 Call for details.	
<b>Humphrey's Diabetes Education Center</b> 1226 River St 3rd Monday each month 5:30-6:30pm. For adults Type 1 & Type 2.	
<b>Domestic Violence support</b> 459-6279 Caldwell Call for location. Mondays 6-7	
<b>Domestic Violence Survivors</b> 343-3688 & 343-7025 (24 hr crisis hotline) ★ 720 W Washington at WCA Wednesdays 7-8:15. Fill out paperwork at 5:30 & orientation 6-7. Call 1 day ahead if childcare is needed.	

## TRANSPORTATION

<p><b><u>At Your Service Transportation</u> 378-1466, 941-6506 or 1-800-250-5815</b> Shuttle transportation door to door privately paid or <b>Medicaid authorized. Please call 48 hours in advance.</b></p>	<p><b><u>Idaho CareLine</u> 211 or 1-800-926-2588</b> Referrals for ★ health issues/meds in Idaho via <b>Medicaid</b>. Ask @ <a href="http://www.RxIdaho.org">www.RxIdaho.org</a> for prescription drug help. Medicaid will reimburse medically related travel expenses if some basic criteria are identified &amp; are preauthorized.</p>
<p><b><u>BHM Foundation for Recreational Safety</u> 322-1730 ★</b> 2312 N Cole Will give away <b>free bike helmets</b>. Must call for more information. <a href="http://www.bhmidaho.org">www.bhmidaho.org</a></p>	<p><b><u>Kool Kab</u> 703-5666</b> Shuttle transportation door to door privately paid or <b>Medicaid authorized. Please call 48 hours in advance.</b></p>
<p><b><u>Boise Bike Project</u> 429-6520</b> <a href="http://www.boisebicycleproject.org/Home.html">http://www.boisebicycleproject.org/Home.html</a> 1027 Lusk St (by Ann Morrison Park, Green Belt &amp; Jim's Appliance &amp; Furniture) BBP gives bicycles to kids for free if referred from another charitable organization (schools, churches, after school programs, social workers, etc). Adults can get a bicycle by paying (have bikes priced from \$10-\$1000), or have an Earn-a-Bike program that makes it possible to volunteer time in exchange for a bicycle. Volunteer Orientation is <u>required</u> for Earn-a-Bike. Open shop hours W-Sat 12-6. Ladies wrench night M 6-8.</p>	<p><b><u>MolinRu Transportation</u> 463-2960</b> Shuttle transportation door to door privately paid or <b>Medicaid authorized. Please call 48 hours in advance.</b></p>
<p><b><u>Cornerstone Transportation</u> 860-5597</b> Shuttle transportation door to door privately paid or <b>Medicaid authorized. Please call 48 hours in advance.</b></p>	<p><b><u>Salvation Army</u> 343-5429 ★</b> 4308 W State Thursday 9–noon only. Arrive early as few bikes available. Get voucher for Salvation Army Thrift Stores for <b>free bike</b>. Bike must be needed for job or medical appointments. Bring proof of address, photo ID &amp; proof of job search or medical appointment. Other stores are located at 3209 Overland (<b>344-4454</b>) and 8727 Fairview (323-1192) M–Sa 9:30–7:30</p>
<p><b><u>Diamond Shuttle</u> 639-6341</b> Shuttle transportation door to door privately paid or <b>Medicaid authorized. Please call 48 hours in advance.</b> M–F 9–4:30</p>	<p><b><u>Transylvania Express</u> 384-1393</b> Shuttle transportation door to door privately paid or <b>Medicaid authorized. Please call 48 hours in advance.</b></p>
<p><b><u>El-Ada Outreach</u> 345-2820 ★</b> 2250 S Vista <b>Daily bus passes</b> for medical or medical appointments given daily as available. One-day bus pass per month for adults only. Bring proof of income. Undocumented citizens will be served. Possible voucher for a bicycle repair or a used bicycle limited to those participating in the Casual Labor program. M–F 11:30–4</p>	<p><b><u>Trinity Transportation</u> 409-6850</b> Shuttle transportation door to door privately paid or <b>Medicaid authorized. Please call 48 hours in advance.</b></p>
<p><b><u>ELS Transportation</u> 938-2018 or 1-866-938-1726</b> 209 W 38th Garden City Shuttle transportation door to door privately paid or <b>Medicaid authorized. Please call 48 hours in advance.</b> No matter the distance ELS is available with the newest fleet in the Valley.</p>	<p><b><u>Valley Ride City Bus</u> 336-1010</b> Ada &amp; Canyon County. Monthly youth pass age 6–18 is \$18, adult pass is \$36, disabled &amp; seniors pass is \$18, BSU &amp; high school students can use their school ID card to ride city bus for free during school year. Individual fares are \$0.50 for youth age 6–18, ages 5 &amp; under is free, adults are \$1.00, seniors &amp; disabled are \$0.50. <a href="http://www.valleyride.org">www.valleyride.org</a></p>
<p><b><u>J &amp; A Transport</u> 284-8685</b> Shuttle transportation door to door privately paid or <b>Medicaid authorized. Please call 48 hours in advance.</b></p>	



## VISION

<b>Ada Vision</b> <b>384-5924</b> <b>Medicaid</b> Will do Medicaid eye exam 1333 W Jefferson but will not dispense Medicaid glasses. \$30 off 2 <sup>nd</sup> pair of glasses; can't be used with insurance.	<b>Lion's Sight &amp; Hearing Foundation</b> <b>338-5466</b> Referrals are made to individual coordinators at local chapters, if that chapter has money available. Coordinators will determine financial eligibility and will make arrangements for eye exams and glasses.
<b>Dr. Larry Anderson</b> <b>344-7944</b> <b>Medicaid</b> 8955 W Hackmore Will do Medicaid eye exam but will not dispense Medicaid glasses. <b>Spanish</b> speaker.	<b>Meridian Vision</b> <b>888-5252</b> <b>Medicaid</b> Does vision exam and dispense glasses
<b>Boise Mountain Eye</b> <b>938-9900</b> <b>Medicaid</b> 13075 Persimon Lane Will do Medicaid eye exam but will not dispense Medicaid glasses.	<b>Optometric Center</b> <b>375-3871</b> <b>Medicaid</b> 700 N Raymond Will do Medicaid eye exam but will not dispense Medicaid glasses.
<b>Boise Vision Care</b> <b>322-2020</b> <b>Medicaid</b> 3293 N Milwaukee Will do Medicaid eye exams, but will not dispense Medicaid glasses. <b>Spanish</b> speaker.	<b>Pearl Vision</b> <b>322-1642</b> <b>Medicaid</b> 7447 W Emerald #105 Will do Medicaid eye exam but will not dispense Medicaid glasses. <b>Spanish</b> speaker.
<b>Commission for the Blind &amp; Visually Impaired</b> <b>334-3220</b>	<b>Dr. D.H. Pitkin</b> <b>376-3550</b> <b>Medicaid</b> Will do Medicaid eye 6700 W Emerald exams, dispense glasses, & accepts other optometrist's prescriptions for dispensing glasses.
<b>Envision Optical</b> <b>433-1410</b> <b>Medicaid</b> 1410 Broadway Will do Medicaid eye exams & dispense glasses for our patients.	<b>Shopko Optical</b> <b>Medicaid</b> Call for appointment. 8105 Fairview <b>323-9303</b> 2655 S Broadway Ave <b>345-8812</b> Will not accept other optometrist's prescriptions for glasses.
<b>Eye Care Ass. or Cole Village Optical</b> <b>377-1102</b> 3417 N Cole Will do Medicaid eye exam but will not dispense Medicaid glasses. <b>Medicaid</b>	<b>University Eye Center</b> <b>344-5832</b> <b>Medicaid</b> Will do Medicaid 111 W Main eye exam but will not dispense Medicaid glasses.
<b>Eye Masters</b> <b>322-2933</b> <b>Medicaid</b> Boise Town Square Mall lower level by JC Pennys. Will do Medicaid exam but won't dispense Medicaid glasses.	<b>Vision One</b> <b>344-2020</b> <b>Medicaid</b> Will do Medicaid eye exam 610 Americana but will not dispense Medicaid glasses.
<b>Family Eyecare Specialist</b> <b>454-3366</b> <b>Medicaid</b> exams, frames 420 E Elm Caldwell & lenses, have over 100 Medicaid eligible frames. Accept prescriptions from other Doctors. Call for appointment for exam. M-Th 9:30-5:30, F 9-1	<b>Vision Quest</b> <b>Medicaid</b> 5680 Gage <b>377-3937</b> 3025 W Cherry Ln #207 Meridian <b>898-1614</b> Will do Medicaid eye exam but will not dispense Medicaid glasses.
<b>Hollingshead Eye</b> <b>336-8700</b> <b>Medicaid</b> 360 E Mallard Dr #110 Will do Medicaid eye exam but will not dispense Medicaid glasses. <b>Spanish</b> speaker.	<b>Vision Specialties</b> <b>322-8381</b> <b>Medicaid</b> 1205 S Five Mile; Will do Medicaid eye exam but will not dispense Medicaid glasses.
<b>Idaho CareLine</b> <b>211 or 1-888-477-2669</b> ★ Provides referrals for health issues in Idaho via <b>Medicaid</b> . Ask @ <a href="http://www.RxIdaho.org">www.RxIdaho.org</a> for prescription drug help.	<b>VSP VISION REFERRALS</b> Ask School Nurse for referral. Nurse must be a SNOI/NASN member; some nurses will share applications. Number of applications available per school is 5% of total # of kids/school. Will cover eye exam & glasses. Eligibility is less than 200% of federal poverty level, higher than free lunch program. This is for non-Medicaid uninsured families. Bring blue & white medical card to receive service.
<b>Idaho Eye Care Center</b> <b>384-9194</b> <b>Medicaid</b> 1175 W Boise Ave Will do <b>Medicaid</b> eye exam but will not dispense Medicaid glasses.	<b>Wal-Mart Vision</b> <b>Does NOT accept Medicaid</b> ★ <b>321-9077</b> 8300 W Overland Boise <b>853-4786</b> 7319 W State Boise <b>373-7926</b> 4051 E Fairview Meridian <b>461-8724</b> 5875 East Franklin Nampa <b>467-5293</b> 2100 12 Avenue Nampa <b>455-2151</b> 5108 E Cleveland Blvd. Caldwell Sells inexpensive glasses. Frames costs start at \$10 with lenses starting at \$30. An eye exam costs \$60.
<b>Intermountain Eye Clinic</b> <b>373-1200</b> <b>Medicaid</b> 999 N Curtis #205 Will do Medicaid eye exam but will not dispense Medicaid glasses. <b>Spanish</b> speaker.	
<b>Dr. Katherine Lee</b> <b>381-7314</b> <b>Medicaid</b> 222 N. 2 <sup>nd</sup> #111 Will do Medicaid eye exam but will not dispense Medicaid glasses. Needs to be in Healthy Connections. Will get interpreter for <b>Spanish</b> speakers.	
<b>Lifetime Optometry</b> <b>672-1370</b> <b>Medicaid</b> Call for 10454 Overland (by 5 Mile & Albertsons) appointment for eye exam, drop-in with a prescription for glasses. M-F 10-6	